The Duru Diet

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INTRODUCTION

Words can hardly capture the sense of betrayal, shock, disgust, and disappointment I experienced when I devoted countless hours, day after day, during my college years, to uncovering the true essence of human health. My fitness journey began much like everyone else's—with a profound dissatisfaction with my body. I was troubled by the persistent inflammation and puffiness in my face, despite meticulously adhering to the mainstream healthy diet championed by so-called experts. This path eventually spiraled into a severe binge eating disorder, a harrowing experience that felt as if a gluttonous, greedy entity had seized control of my body, turning my mouth into a garbage bin for junk food.

My relentless quest for genuine health revealed the stark contrast between conventional dietary advice and the reality of achieving true wellness. The diet I followed, which was widely promoted as healthy, did nothing to alleviate my issues. Instead, it exacerbated them, leading me down a path of uncontrollable cravings and self-destructive eating habits. It was as though my body was crying out for real nourishment, yet I was trapped in a cycle of misinformation and unhealthy choices.

This profound struggle was a wake-up call, driving me to seek deeper, more authentic answers about health and nutrition. It was a journey filled with frustration and disillusionment, but also one that ultimately led me to discover the

transformative power of aligning my diet and lifestyle with our biological needs. Through this painful process, I learned that true health is not about following popular dietary trends or expert advice blindly. It's about understanding and honoring the fundamental principles that our bodies were designed to thrive on.

My experience has fueled my passion to share this knowledge with others, to help them avoid the pitfalls I encountered and to guide them towards a path of genuine health and well-being. I want to empower you to break free from the chains of conventional dietary myths and embrace a lifestyle that truly supports your body's natural health and vitality. This journey is not just about transforming your appearance, but about reclaiming your health, your confidence, and your life.

In my desperate quest to escape this torment, I plunged into a profound exploration of not just healthy eating, but the alarming reality of how major corporations are contaminating our environment and damaging our hormonal health. These companies inundate us with endocrine disruptors found in our cosmetics, clothing, and other chemicals, along with promoting lifestyles that utterly contradict our biological needs for thriving. As I delved deeper, I discovered the extent to which these toxic influences were stealing our beauty and vitality.

When I finally implemented my newfound knowledge, derived from trustworthy doctors committed to humanity rather than the financial incentives of big corporations, the transformation was astounding. I was in complete disbelief at how effortlessly I achieved my dream physique. My face remarkably transformed into its most attractive version, and my skin, once pale, burned, and covered in bumps, evolved into a tanned, smooth perfection.

This transformation was not merely physical; it rejuvenated my entire being. I felt as joyful and carefree as a child, living fully in the present without the burdens of my previous mental struggles. My mental health, once in shambles, flourished, leaving me motivated and content. The changes in my appearance and health were so profound that people began treating me differently, with more kindness and respect. Remarkably, I started effortlessly achieving all my dreams and aspirations.

It was as if my soul had leapt from the body of a depressed, unattractive, and unlucky individual into my dream body, radiating luck and effortlessly attaining everything I desired in life. This metamorphosis was not just a change in appearance, but a complete revitalization of my spirit and existence, proving that aligning with our true biological needs can unlock a life of unparalleled beauty, health, and happiness.

My aim with this book is to provide a comprehensive guide that empowers you to excel in every facet of your life, particularly in beauty and attractiveness. Having been fortunate enough to uncover the secrets to optimal health and beauty—which profoundly transformed my own life—I am now committed to passing on this knowledge to you. This book is your complete guide to achieving the life of your dreams, a testament to the peaceful bliss that awaits you.

By adopting a healthy lifestyle aligned with our biological needs, your appearance will naturally reflect this transformation. Often, our external appearance mirrors our inner health, vitality, and spirit. When you prioritize physical health, mental and emotional well-being naturally follow, allowing everything else in your life to align harmoniously.

The common belief that life is inherently filled with struggle and suffering is a misconception. In reality, suffering arises from a lack of understanding. By choosing a path enlightened by deep intention and armed with the right knowledge, you can transcend suffering. This book is crafted to guide you to a life of fulfillment and bliss, where anything your heart desires can be realized and acquired. Having been fortunate enough to uncover the secrets to optimal health and beauty—which profoundly transformed my own life—I am now committed to passing on this knowledge to you. This book is your complete guide to achieving the life of your dreams, a testament to the peaceful bliss that awaits you.

Like many people around the world, I've grappled with issues that are seemingly universal dissatisfaction with our physical selves. Society often labels this as body dysmorphia, urging us to embrace our natural state. However, simply accepting oneself isn't a foolproof solution to overcoming deep-seated insecurities about our looks. Our society places immense value on physical appearance, and those who achieve a look that satisfies them are often criticized as vain. Yet, through my observations, I've realized something crucial: attractiveness extends beyond superficial or vain standards. It is, in essence, a vital force in our lives and often a reflection of the state of our health.

We have to judge based on appearance. Why? Because judging someone’s appearance is something we inherently do, and all living creatures and animals do. The reason for this is, attractiveness equals health. Subconsciously, we are drawn to individuals who appear genetically robust, either for potential mates or simply as companions.

Did you know that we instinctively seek the health benefits associated with the good bacteria and germs of attractive (healthy) individuals, often without even realizing it? By improving your lifestyle and diet, beauty and attractiveness naturally follow. This isn't just about appearance; it's about the vibrant, positive energy you'll start to exude, drawing people to you unconsciously.

Our instinct to seek the company of attractive individuals is deeply rooted in our biology. On an instinctive level, our bodies desire exposure to the healthy bacteria and germs of others, which can enhance our own microbial diversity and health. Conversely, we tend to avoid those who appear unattractive, not out of cruelty, but because, instinctively, we associate unattractiveness with poor health, sickness, and inferior genetics. Our bodies naturally steer us away from the potentially harmful bacteria and germs that might accompany them.

This behavior mirrors the animal kingdom. Just as a healthy dog avoids playing or mating with a sickly dog showing signs of poor health, like bald patches and dull fur, animals instinctively avoid those who may carry signs of illness or weak genetics. They shun the 'ugly duckling' not out of meanness, but because they instinctively link unattractiveness with ill health and undesirable genetic traits, steering clear to protect their own gene pool. Similarly, by enhancing your health, you naturally become more attractive, aligning with these deep-seated biological instincts and fostering a more vibrant, appealing presence.

I'm sharing this because it's crucial to understand just how significant looks are in this world. When you enhance your appearance, life transforms for the better. People are naturally drawn to you; they want to offer their help, be in your presence, and learn from you. My mission is to inspire you to live life to its fullest,

to feel the immense joy and satisfaction of loving your reflection in the mirror, knowing you are treating your body—the temple of your soul—with the utmost care and respect. This feeling is unparalleled, and we all know the profound difference between leading a life as someone unhealthy and unattractive versus someone who is vibrant and appealing.

When you are healthy and attractive, you not only become more appealing to others but also attract your deepest desires, effortlessly bringing your dreams and goals to life. Your newfound attractiveness becomes a magnet for opportunities, positivity, and success. I am thrilled that you have chosen to embark on this transformative journey. The dream-like life that awaits you on the other side of your transformation is filled with boundless possibilities and unparalleled joy. Your commitment to this change is the first step towards a future where you are not only admired by others but also by yourself, achieving a harmony between your inner and outer worlds that is truly life-changing. I am excited to see you flourish and embrace the extraordinary life that lies ahead!

CHAPTER 1

The Mental Diet: Your Wish-Fulfilling Power Within

In the same way that you dedicate time to learning about fitness, nutrition, and human physiology to enhance your physical well-being, there's an even more crucial skill to master: the art of learning how to think. This foundational skill is the key to unlocking all other achievements in life. To reach your goals, you must first refine your ability to think effectively. Everything in your current reality has been shaped by thoughts, be they deliberate or subconscious. I'm going to make sure that the new reality you create from here on out will be completely intentional, never again feeling like everything around you happens uncontrollably on auto pilot. I'll guide you through a precise formula, imparting every crucial lesson and trick to guarantee that you are the architect of the reality you wish to see around you. With this knowledge, you'll never need to attribute blame to anyone or anything for undesired outcomes in life. You are not the victim of life, you are the creator.

Consider how some individuals possess natural talents in art or dance. Similarly, the most accomplished individuals have a natural proficiency in thinking, which allows them to effortlessly realize their goals without counteracting thoughts getting in the way of its accomplishment. To emulate their success, you must delve into the workings of your own mind and thoughts. Understanding these mechanics is essential to making sense of your life's experiences, and eventually being the master of them.

I too, was initially skeptical about the notion that thoughts alone can shape our reality. However, time and again, it has been demonstrated that there is no alternative. You are continuously shaping the reality around you, much like gravity consistently keeps you grounded. The key to success lies in becoming aware of your thoughts throughout the day and ensuring they align with your desired

outcomes. A handful of positive thoughts about having a certain goal, such as a good body, overshadowed by 25,000 unconscious negative perceptions of being out of shape, is why many fail to achieve their goals, despite their hard work. To truly succeed, you must first master your thoughts and subconscious beliefs. Cultivate a mindset that supports your aspirations and watch as your reality transforms to match your vision. The power of thought is undeniable, and mastering the art of learning to think is the first step toward creating the life you desire.

You're continually shaping your reality with every passing moment. Your mind, soul, spirit, and consciousness operate on a fourth-dimensional plane, while your physical body resides in a three-dimensional realm. Given this, when you conceive a thought or idea, you can instantly visualize or imagine it within your mind's eye. Although your physical reality operates on a lower plane, it catches up over time as long as you maintain that idea, goal, or vision in your mind.

If you harbor a desire to transform your appearance or achieve a specific goal, merely entertaining one or two fleeting thoughts won't suffice. It's imperative to consistently hold that idea in your mind's eye until it materializes into the physical realm. This may involve vivid daydreaming, prayer, meditation, or even obsession—anything that compels you to maintain unwavering focus on your desired outcome.

Ultimately, by nurturing a persistent focus on your goal, you'll gradually bring it into fruition. Whether through immersive daydreaming, devoted prayer, meditative practices, or steadfast determination, maintaining a constant mental alignment with your objective will eventually manifest it into your reality.

Everyone’s reality is created by their own thoughts. Thoughts produce feeling and those feelings emit a unique vibration and frequency. Someone with bad luck might say, I never thought about getting in this certain accident but it still happened. The majority of people spend the entirety of their day on autopilot pilot completely unaware of the thoughts that are passing through their mind every second. Most of the time, if you don’t control these thoughts, you tend to think negative fearful thoughts since biologically humans have always lived in a fearful state of hunger, famine, natural disasters, diseases, deaths, animal attacks, ect, so if you allow the animalistic part of your brain to rule you, you’ll be thinking from a place of scarcity and lack. This puts your body in a lower frequency and similar frequencies attract each other so you end up pulling undesirable experiences that vibrate at that lower fearful frequency from your unconscious previous thoughts. In this case, you are not manifesting your life consciously in the fourth dimension with your true higher self, you are only living in the 3D.

Each individual's reality is intricately woven by the fabric of their own thoughts. Every thought we entertain gives rise to a corresponding feeling, emitting a unique vibration and frequency into the universe. Consider someone who experiences an unfortunate event and remarks, "I never even entertained the thought of such an accident, yet it still occurred."

Regrettably, many individuals traverse through life on autopilot, oblivious to the constant stream of thoughts cascading through their minds. Left unchecked, these thoughts often veer towards negativity and fear, a residual effect of humanity's evolutionary past marred by hunger, famine, natural disasters, diseases, and animal

attacks. Succumbing to the primal instincts of our brain can perpetuate a mindset of scarcity and lack, ultimately lowering our vibrational frequency.

In the grand tapestry of existence, similar frequencies attract one another, aligning like with like. Consequently, dwelling in a state of fear and scarcity can unwittingly attract undesirable experiences that resonate with these lower frequencies. In such instances, individuals find themselves unwittingly manifesting their reality from the depths of their unconscious mind, rather than consciously co-creating with their true higher self in the fourth dimension. Thus, they remain confined to the limited confines of three-dimensional existence, unaware of the vast potential and possibilities that await beyond.

One way to truly grasp this powerful concept is to imagine your consciousness as a genie in a lamp, tirelessly working to grant your wishes. Here, your wishes are represented by your thoughts, and your consciousness acts as an ever-watchful observer. It grants these wishes—these thoughts—whether you consciously want them to manifest or not. When you think a thought, it lingers and takes root; as time passes, these thoughts begin to manifest themselves in the physical world, or you might find yourself experiencing events that echo the emotions and ideas of your original thoughts. Essentially, what you think about persistently, you bring about in your life.

Subconscious Vs Conscious Mind

So you're on a journey to transform your physique, aiming for that lean, toned look you've always desired. You might start by setting goals with your conscious mind, determined to shed those stubborn 20 pounds by eating healthily and exercising.

But, despite your best efforts, you find yourself hitting a wall. Why? It's because deep within your subconscious mind, there are hidden beliefs that hold you back. You might secretly believe it's impossible to get lean, or that achieving your goal is too difficult and unsustainable. You might even think that you're just meant to be bigger, or that your love for food outweighs your desire for change.

Your subconscious beliefs are powerful, but they are not your destiny. They are simply the programming you've received and accepted over the years. The truth is, you have the power to rewrite this script. By aligning your subconscious beliefs with your conscious goals, you can remove these barriers. Start affirming that you can achieve your ideal physique, that it is not only possible but also enjoyable to maintain it. Visualize yourself as you want to be, feeling the success and satisfaction of reaching your goals. This alignment between your conscious desires and subconscious beliefs is the key to unlocking a transformation that is not only achievable but also sustainable. Turn those dreams into your reality by believing in your capability to change, one thought at a time.

Let's face it: you're sabotaging yourself with those negative thoughts that run on autopilot in your head. Every time you see someone with the physique you want, you default to envy and excuses, wondering about the grueling workouts they must endure. It's time to cut that out.

I'm here to teach you how to flip that script. It's not just about positive thinking—it's about reprogramming your subconscious mind to work for you, not against you.

There are two ways a belief can become programmed into your subconscious. Either the belief created a very strong feeling within you leaving a burn mark in

your belief system, or it’s been repeated to you constantly and affirmed by your surroundings.

Your subconscious beliefs play a crucial role in shaping the reality you want to create. They act as the parameters that define your limits based on what you believe is possible and what you believe is impossible. If you want to change your reality, it's essential to rewrite your subconscious beliefs. One of the most effective ways to do this is by listening to affirmations.

Affirmations often get dismissed as mumbo-jumbo, but they are, in fact, a powerful tool for reshaping your mindset. The process of brainwashing, in which people can be influenced to change their opinions and views, demonstrates that repeated exposure to certain messages can profoundly impact one's thoughts and beliefs. Similarly, you can change your own subconscious beliefs through the exposure and repetition of affirmations tailored to the changes you want to see in yourself.

To effectively reprogram your subconscious mind, you need to surround yourself with constant positive messages that reinforce the beliefs you want to adopt. This means being deliberate about the media you consume, the people you interact with, and the environment you create for yourself. For instance, you should avoid listening to depressing songs, watching self-deprecating media, or engaging with people who belittle you or reaffirm unwanted beliefs.

Instead, immerse yourself in content that supports your desired beliefs. This might include motivational speeches, positive affirmations, uplifting music, and spending time with people who encourage and support your growth. The key is to

consistently expose your mind to the messages that align with the reality you want to create, ensuring that these positive affirmations become ingrained in your subconscious.

In summary, to transform your subconscious beliefs and ultimately your reality, you must be intentional about the messages you allow into your mind. Use affirmations as a tool to rewrite old beliefs and establish new, empowering ones. By consistently surrounding yourself with positive influences and cutting out negative ones, you can reshape your subconscious and achieve the reality you desire.

To achieve the results you desire, a consistent routine of listening to affirmations is essential. Begin by incorporating them into your morning and bedtime routines. Ideally, listen to these affirmations throughout the day, whenever possible. The rationale behind constant exposure to affirmations is simple: the aspects of your life you are unhappy with stem from the existing beliefs and affirmations embedded in your subconscious. These internal dialogues have shaped your current reality.

Affirmations are always playing in your head, whether you realize it or not. If you are dissatisfied with the current outcomes, it's crucial to replace the negative or limiting affirmations with positive, goal-aligned ones. Pre-made affirmations can be incredibly effective, but creating your own personalized affirmations can be even more powerful. When crafting your own, make them as detailed and specific as possible, incorporating visual elements and strong emotional language to ensure a deep emotional connection.

The goal is to let these new affirmations take over your thought processes. You cannot afford to let your mind operate on autopilot, as this mode often reverts to familiar, unproductive thought patterns that do not align with your goals. By immersing yourself in affirmations, you consciously replace these old thought patterns with new, positive ones.

This practice will gradually rewire your subconscious mind. Over time, these affirmations will become your new default thoughts. As this shift happens, you'll start to notice changes in your reality. The power of affirmations lies in their ability to transform your internal dialogue, leading to tangible changes in your external world. With persistence and consistency, you will find yourself living the reality you've envisioned.

In summary, for guaranteed results, immerse yourself in affirmations at every opportunity. Replace your old, limiting beliefs with new, empowering ones. Whether using pre-made affirmations or creating your own, ensure they are a constant presence in your life. By doing so, you actively reprogram your subconscious, aligning your thoughts with your goals, and ultimately, manifesting the reality you desire.

You Are What You Think
Imagination is Creation

"Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution."
- Albert Einstein

You need to get good at visualizing and imagining. The more vivid and realistic the better because when it seems more real, it produces a strong emotion and vibration of off of you since your body can't distinguish between reality and imagination. Make it a nightly routine to visualize yourself already having achieved those specific goals you have at the forefront of your mind. Picture them with excitement because when you're seeing in your minds eye is a future you're getting closer and closer to by the day.

If you weren't aware, some people possess an exceptional ability to visualize, creating mental images as vividly as if they were seeing them in reality. This skill allows them to bring those visualizations into existence with remarkable ease. Individuals with this talent often find it easier to manifest their goals and dreams. Others, however, may struggle with visualization and need to work on developing this skill.

Improving your visualization skills can be transformative. One effective method is to practice telling yourself a detailed script that involves deep visualizations. By regularly engaging in this practice, you can enhance your ability to picture your goals clearly and vividly in your mind.

A highly recommended resource for understanding the power of visualization is Arnold Schwarzenegger's documentary on Netflix. Schwarzenegger credits a significant portion of his success to his talent for visualizing his goals. He describes how, as a young boy in Austria with limited financial resources and no access to modern technology, he would look at images of American bodybuilders in magazines and mentally place his face on their bodies. He would imagine

crowds cheering for him at bodybuilding shows. This powerful visualization technique helped him win seven Mr. Olympia titles.

But Schwarzenegger's success didn't stop there. He later decided he wanted to become a movie star, even though bodybuilders and muscular individuals were often ridiculed for aspiring to serious acting roles at that time. Despite the skepticism, he went on to become one of the most successful actors in Hollywood, known worldwide for his roles in blockbuster films.

Schwarzenegger's story is incredibly inspirational and highlights the immense potential of visualization. His journey demonstrates that with clear, persistent visualizations and unwavering belief, one can overcome significant obstacles and achieve extraordinary success. Watching his documentary can provide valuable insights and motivation for anyone looking to harness the power of visualization in their own life.

So, whether you naturally excel at visualization or need to develop this skill, remember that it's a powerful tool for achieving your goals. Practice regularly, immerse yourself in detailed visualizations, and draw inspiration from successful individuals like Arnold Schwarzenegger to realize your full potential.

The Space Around Us

Expanding on the idea that our perceptions of reality are more malleable than we often consider, let's delve deeper into the nature of matter and its implications for

how we interact with the world. At the atomic level, the concept that matter is mostly empty space becomes starkly apparent. For instance, if we were to magnify an atom to the size where its nucleus is as big as the point of a needle, its electrons would be orbiting about 10 miles away. What this illustrates is that atoms, the fundamental building blocks of all physical substances, consist overwhelmingly of empty space.

This vast emptiness between the core components of an atom leads to an intriguing realization about our physical experiences: the sensation of touching something solid is, to some extent, an illusion created by electromagnetic forces between atoms. These forces prevent the electrons of one atom from passing through the electrons of another, giving rise to what we perceive as solid objects.

From this perspective, the entire physical world can be seen as a kind of hologram, a projection crafted by the interactions of forces on a canvas of empty space. This understanding opens a fascinating door to considering how our thoughts and perceptions might interact with and even influence this "holographic" reality. If what we perceive as solid and immutable is actually a play of forces and empty space, it suggests that by changing our perceptions and thoughts, we might be able to influence the physical world in more direct ways than previously imagined.

In essence, the notion that we can mentally alter our reality isn't just about wishful thinking or metaphysical speculation; it has grounding in the physical sciences. The space between the atoms and the forces that define their interactions provide a framework through which our consciousness might interface with the material world. This is not to say we can alter the laws of physics with our minds, but rather that our understanding and interaction with the world are more dynamic and

interconnected than we might have thought. The power of the mind in shaping our experiences and perceptions of reality is profound, suggesting that our mental states could indeed resemble the commands given to a genie, capable of reshaping our perceived universe in subtle yet significant ways.

The concept of atoms being mostly empty space was significantly developed by Ernest Rutherford. In his famous gold foil experiment, Rutherford demonstrated that atoms consist largely of empty space, with a tiny, dense nucleus. This discovery was groundbreaking and fundamentally changed our understanding of atomic structure, illustrating that the vast majority of an atom's volume is empty space, with electrons orbiting a small central nucleus.

There was a molecular atom scientist who went mad after discovering the space between atoms. He said that if atoms were as big as a needle point, they would be 10 miles apart from each other. This discovery was show shocking to him that he started walking around in tennis rackets because he thought that he would fall through the floor. This is just more evidence that reality is extremely bendable and you have the power to change it to your well

There was a molecular atom scientist who went mad after discovering the space between atoms. He explained that if atoms were as large as the point of a needle, they would be 10 miles apart from each other. This discovery was so shocking to him that he started walking around in tennis rackets because he believed he might fall through the floor.

This story underscores the astonishing nature of our reality at the atomic level. Atoms, which make up everything we see and touch, are mostly empty space. The

nucleus of an atom, composed of protons and neutrons, is minuscule compared to the overall size of the atom, with electrons orbiting at relatively vast distances. This means that the solidity we perceive is largely an illusion created by the electromagnetic forces holding these particles together.

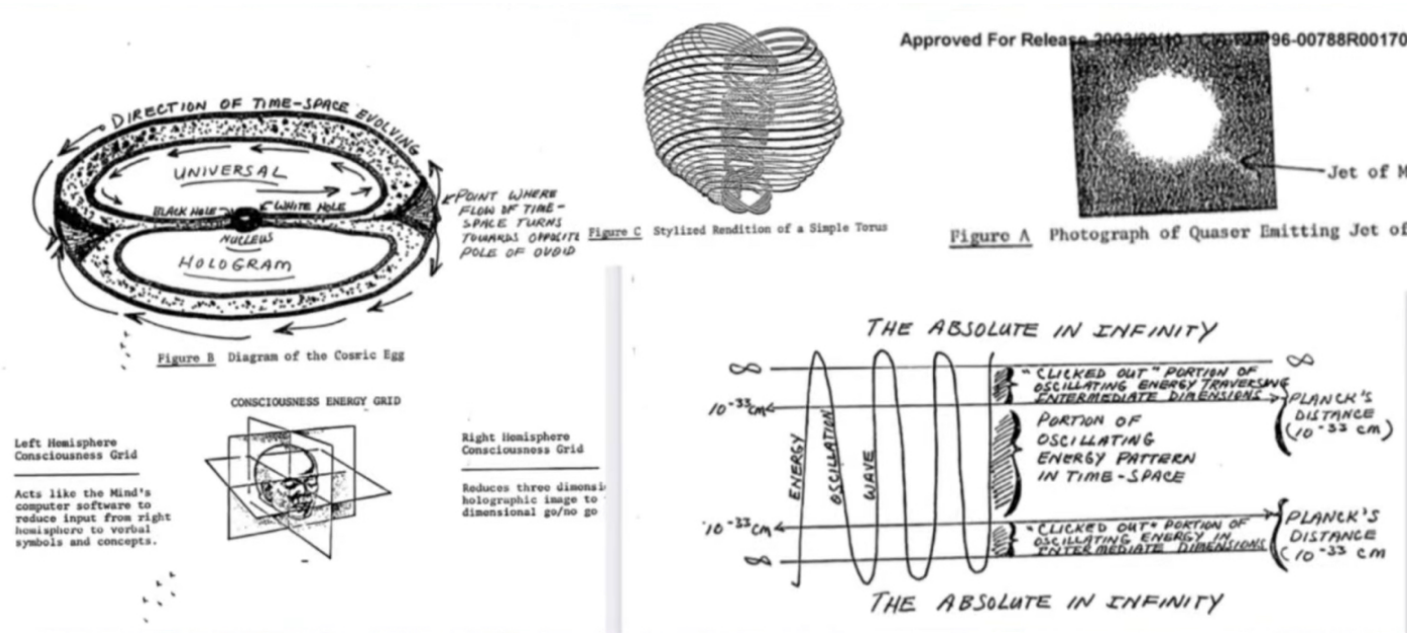
The scientist's reaction highlights how profoundly our understanding of reality can be altered by such discoveries. His fear of falling through the floor, though extreme, illustrates a broader truth: our perception of reality is not as fixed and solid as we might believe. This revelation has profound implications, suggesting that reality is much more flexible and malleable than we typically assume.

Just as this scientist's understanding of the atomic world led him to question the nature of physical reality, we too can use our knowledge and perception to shape our experiences. The vast empty spaces within atoms show us that the universe is not as rigid and unchangeable as it seems. Instead, it is dynamic and responsive, allowing us the potential to influence and alter our reality through our thoughts, beliefs, and actions.

In essence, this story serves as a powerful reminder that reality is not as immutable as it appears. With the right mindset and approach, we have the power to reshape our world and manifest the changes we desire. By understanding the flexible nature of reality at its most fundamental level, we can harness this knowledge to create a life that aligns with our deepest aspirations and intentions.

CIA Confirmation

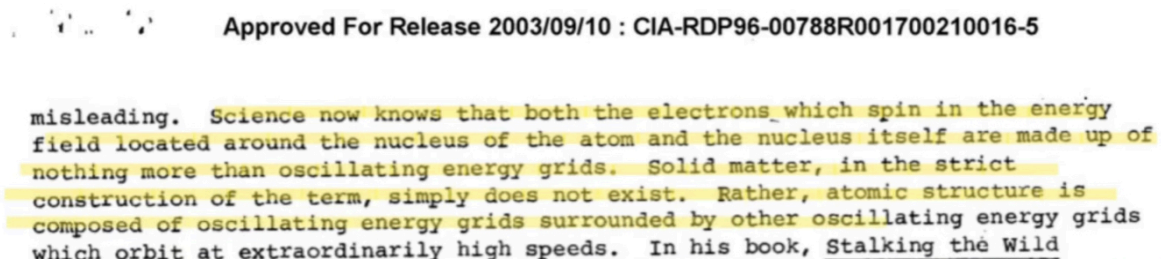
The CIA has released a document confirming the principles of the Law of Attraction and the Law of Vibration, essentially validating the concept that we are creators of our own reality. This document unveils a revolutionary understanding that everything in the universe is composed of energy that is constantly vibrating. It challenges the traditional notion of physical matter's existence, asserting that what we perceive as solid matter does not actually exist in the way we think it does.



According to the document, both electrons and the nuclei they orbit are not material entities but are instead composed of dynamic energy grids. These electrons spin within an energy field around the nucleus, which itself is merely an aggregation of these vibrating energy grids. The document states, “Science now understands that the electrons which spin in the energy field located around the nucleus itself are made up of nothing more than oscillating energy grids. Solid matter, in the strict construction of the term, simply does not exist.”

This perspective implies that what is commonly considered solid matter is, in fact, a network of oscillating energy grids interacting with each other. This scientific

insight underscores the idea that the perceived solidity of objects is an illusion produced by the interactions of these energy fields. Therefore, the document suggests that through understanding and harnessing these vibrations, we might be able to influence our own realities more directly and profoundly than previously imagined.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misleading. Science now knows that both the electrons which spin in the energy field located around the nucleus of the atom and the nucleus itself are made up of nothing more than oscillating energy grids. Solid matter, in the strict construction of the term, simply does not exist. Rather, atomic structure is composed of oscillating energy grids surrounded by other oscillating energy grids which orbit at extraordinarily high speeds. In his book, Stalking the Wild

The document describes both the human mind and the universe as holograms, composed of interacting energy fields that are sometimes in motion and sometimes at rest. This configuration collectively forms a gigantic hologram of immense complexity. It states, "The universe is, in and of itself, one gigantic hologram of unbelievable complexity." Similarly, the human mind functions as a hologram, tuning itself to the universal hologram through the exchange of energy. This process allows the mind to interpret meaning and achieve the state known as consciousness.

The concept of reversibility is highlighted: "You are experiencing the universe experiencing itself." This reflects the idea that energy within the universe not only creates and stores meaning but also retrieves it through a process of projection or interaction with other energy systems. This dynamic interplay between the human mind and the universal energy fields underscores the profound connection and continuous feedback loop through which consciousness and reality are co-created.

11. Consciousness and Energy. Before our explanation can proceed any further, it is essential to define the mechanism by which the human mind exercises the function known as consciousness, and to describe the way in which that consciousness operates to deduce meaning from the stimuli which it receives. To do this, we will first consider the fundamental character of the material world in which we have our physical existence in order to accurately perceive the raw stuff with which our consciousness must work. The first point which needs to be made is that the two terms, matter and energy tend to be misleading if taken to indicate two distinctly different states of existence in the physical world that we know it. Indeed, if the term matter is taken to mean solid substance as opposed to energy which is understood to mean a force of some sort, then the use of the former is entirely misleading. Science now knows that both the electrons which spin in the energy field located around the nucleus of the atom and the nucleus itself are made up of nothing more than oscillating energy grids. Solid matter, in the strict construction of the term, simply does not exist. Rather, atomic structure is composed of oscillating energy grids surrounded by other oscillating energy grids which orbit at extraordinarily high speeds. In his book, Stalking the Wild Pendulum, Itzhak Bentov gives the following figures. The energy grid which composes the nucleus of the atom vibrates at approximately 10^{22} Hertz(which means 10 followed by 22 zeros). At 70 degrees Farenheit an atom oscillates at the rate of 10^{15} Hertz. An entire molecule, composed of a number of atoms bound together in a single energy field vibrates in the range of 10^{9} Hertz. A live human cell vibrates at approximately 10^{3} Hertz. The point to be made is that the entire human being, brain, consciousness and all is, like the universe which surrounds him, nothing more or less than an extraordinarily complex system of energy fields. The so called states of matter are actually variances in the state of energy, and human consciousness is a function of the interaction of energy in two opposite states(motion vs rest) in a manner described in the following paragraph.

The document outlines that energy fields, expanding at specific frequencies in a three-dimensional pattern, create what is known as a hologram—a living pattern. This understanding implies that since everything is constantly vibrating, we have the capability to shape our own environments. The Law of Vibration, and by extension, the Law of Attraction, are perpetually active, influencing the fabric of our experiences.

To consciously craft the life you desire, maintaining a calm and relaxed state is essential. When you are not in such a state, you are likely experiencing hurry, lack, or fear. These emotional states can negatively impact your vibrational frequency, attracting circumstances and outcomes that resonate with those lower vibrations. Essentially, your personal hologram—your perceived reality—is continuously influenced by the frequency of your emotions and thoughts. Thus, by managing your emotional state, you can align more closely with the vibrations that attract the life you want.

A mindset focused on scarcity will create a reality reflective of poverty, whereas a mindset steeped in a sense of abundance will manifest a wealthier reality. It emphasizes, “Energy in motion must interact with energy at rest to create any hologram.” This interaction between dynamic and static energies forms the basis of the complex holographic universe we experience.

This concept aligns seamlessly with Hermetic principles, particularly the notion that “All is mind; the universe is mental.” Our emotions, representing energy in motion, power our thoughts. By infusing our thoughts with emotional energy, we actively shape our reality. This continual interplay between our mental and emotional states not only influences our immediate environment but also aligns with the broader, universal energies to create the circumstances of our lives.

The document highlights the significant role of emotions in determining the impact of thoughts on our subconscious mind. Thoughts charged with emotion are more likely to penetrate the subconscious, influencing our overall vibrational frequency. This process underscores the brain's similarity to a computer, with our minds capable of being programmed. If we don't take conscious control of this

programming, it is likely that external influences will shape our subconscious programming instead.

The document further states that the subconscious mind accepts impressions without questioning their validity. It also elaborates on the function of the brain's left hemisphere, describing it as the part responsible for cognitive functions, verbal processing, and linear reasoning. This hemisphere plays a crucial role in screening incoming stimuli by categorizing, assessing, and assigning meaning to them before they are fully processed. This selective screening emphasizes the importance of consciously directing our thoughts and emotions to shape our perceptions and, consequently, our reality.

The right hemisphere of the brain, which is responsible for holistic, nonverbal, and pattern-oriented processing, accepts information passed from the left hemisphere without questioning. This interplay between the hemispheres underlines the power of visualization combined with emotion. By envisioning a desired outcome and engaging the emotions associated with that outcome, the conscious mind can program the subconscious to establish pathways that transform these visions into reality.

It highlights the significant influence of the subconscious mind, which controls approximately 90% of our lives, including our actions, habits, and feelings. This vast impact underscores the importance of actively guiding our subconscious programming to ensure it aligns with our goals and desires. By consciously influencing what we impress upon our subconscious, we can effectively steer our lives in directions that reflect our deepest aspirations and values.

The document elaborates on the process of conscious and subconscious mind interaction, stating that by strengthening and emphasizing certain mental pathways, the left-brain consciousness can effectively access relevant areas in the right brain through a "conscious demand mode." This means if you can conceive a desire, it is considered to already exist in another dimension. The mind has the innate capability to tune into the frequency of this desire, and by aligning your personal vibration with the frequency of what you desire, you can make a quantum leap into that desired reality.

The document discusses the incredibly complex hologram that results from the intersection of energy patterns generated by the totality of all individual consciousnesses. This comprehensive network of energy patterns underscores the profound impact of collective human consciousness in shaping the reality experienced by each individual. By understanding and manipulating these energy patterns, individuals have the power to alter their own slice of reality, effectively bringing their desires from abstract dimensions into tangible existence.

Thoughts Become Things

At any given moment, there’s an infinite number of possibilities and realities all happening simultaneously. Wrap your mind around that: every thought you have is like a viewing portal into those different realities. You’re not just thinking random thoughts; you’re peeking into different planes of existence. It's as if your mind is a cosmic remote control, capable of tuning into any channel of reality you desire.

Each thought is a window, a sneak peek into an alternate universe where different versions of you exist. There’s a reality where you’re a celebrated artist, another

where you're a thriving entrepreneur, and yet another where you've already achieved every dream you've ever had. These aren't just fantasies; they are real possibilities, existing simultaneously with your current reality.

Now, here's where it gets truly mind-blowing. Your thoughts are not passive. They are active participants in the cosmic dance of creation. When you consistently focus on a particular thought or vision, you're not just daydreaming; you're tuning into that reality more and more. Over time, the reality you focus on most becomes the most prevalent one in your mind's eye. It's like choosing a favorite show and watching it over and over until it becomes your reality.

Eventually, with enough focus and emotional investment, you begin to shift into that chosen reality. You start to see signs, opportunities, and people that align with this vision. Your actions, influenced by your thoughts, begin to shape the world around you to match this new reality. It's not magic; it's the power of your consciousness aligning with the universe's infinite possibilities.

The universe is a vast, interconnected web of potential, and your mind is the key to navigating it. By holding a specific vision in your mind, you are essentially sending out a signal, attracting that particular version of reality towards you. It's like being a radio tower, broadcasting your chosen frequency and drawing in the experiences that match it.

This process is known as manifestation. It's the art of bringing the intangible into the tangible, the unseen into the seen. By continuously viewing and believing in a particular reality, you shift your energy and perception, ultimately stepping into

that existence. Your thoughts are the seeds, and your focused attention is the water that nurtures them into fruition.

So, next time you catch yourself daydreaming or thinking about what could be, remember: you are peering into a potential reality. Choose your thoughts wisely, focus on the ones that bring you joy and fulfillment, and watch as your life begins to transform. You are the creator of your reality, with the power to shift into any existence you desire. Embrace this power and start manifesting the life of your dreams.

Attaining Your Ideal Body

The basics of gaining control of your mind are crucial to understand before attempting to take control of your life. You want that amazing physique, you want clear skin, you want health, and I'm here to be your roadmap to achieving all of it with ease. People might like to tell you that the process of attaining these things is difficult, but the reality is that it's far from it. If you find it difficult, you're using the wrong lens to view reality through. Since this book is geared mostly towards weight loss, I'll explain to you exactly how your mind should be functioning to achieve this. It's foolproof.

The first thing you need to maintain at all times is total awareness. You were born in a constant state of awareness because it's our natural state to be in. Over time, distractions and habits have pulled us away from this natural state, but it's entirely within your power to reclaim it. Set a few reminders around you—on your phone, sticky notes on your mirror, wherever you'll see them—that tell you to constantly maintain awareness of the present moment.

Maintaining awareness means being fully present in whatever you're doing. Whether you're eating, working out, or simply going about your day, stay conscious of your actions and thoughts. This awareness is the foundation of controlling your mind and, by extension, your reality. When you're aware, you can catch negative thoughts before they spiral out of control, make better decisions about your health, and stay motivated towards your goals.

Think of awareness as your mental GPS. It keeps you on track, helps you avoid detours, and ensures you're heading in the right direction. Without it, you're more likely to get lost or stuck in unhealthy patterns. With it, you have the clarity and focus needed to make consistent progress.

Awareness

Awareness is the key to unlocking your potential. It empowers you to break free from automatic behaviors and make deliberate choices that support your health and well-being. Embrace this practice, and you'll be well on your way to achieving the amazing physique, clear skin, and overall health you desire.

Kids are creative and have a heightened sense of intuition because they are in a constant state of awareness. They haven't been corrupted by the useless programming jammed into their minds from overexposure to trivial things. Adults who can maintain this level of awareness often become successful in life. This is because when you're aware, your mind isn't cluttered with junk thoughts that prevent you from being receptive to the ideas that your higher self and the universe are trying to send your way.

The most brilliant inventors in history often describe how their ideas come to them as if they were downloaded during a meditative state. They tap into a flow of inspiration and creativity that feels almost otherworldly. This state of heightened awareness allows them to access innovative thoughts and solutions that others might miss.
Today, many billionaires and successful entrepreneurs attribute their achievements to this flow state. They are in tune with the universe's ideas and can easily pick up these "idea downloads" and bring them into existence, leading to their abundance.
In your case, you want to manifest a new, good-looking body. To do this, your mind must first be free of all the clutter and junk thoughts.

When you maintain awareness, the junk is absent. If it does pop up, you don't get tangled in it. Instead of believing and engaging with these negative thoughts, you simply observe them from an outside perspective, like watching clouds pass by in the sky. You acknowledge them, but you don't let them control you.

This state of awareness is crucial for transformation. It keeps you open to new ideas, motivated, and focused on your goals. It helps you discern which thoughts are helpful and which are just distractions. By practicing mindfulness and staying present, you create a mental environment that is conducive to receiving the right guidance and inspiration.

By returning back to your natural state, you can align yourself with the flow of inspiration and creativity that has guided the most successful people in history. Your goals, whether they involve improving your body, starting a business, or creating something new, will become more attainable as you tap into this powerful state of awareness.

Protect your mind

You should be extremely selective and picky about what you allow your eyes to see and your ears to hear. Your mind is constantly being programmed by the things it's exposed to, embedding beliefs and emotions in your subconscious mind without your realization. Most people mindlessly scroll through social media, filling their heads with superficial nonsense. They mindlessly watch the news, absorbing information about the worst things happening. They mindlessly listen to depressing, negative music that reinforces harmful affirmations.

Surrounding yourself with toxic friends who hold you back and want to keep you at their level with negative talk and bad habits is another trap. The list goes on. If you don't protect your mind like the temple it is and allow just anyone and everything access to it, it's no wonder you have no control over the reality you're manifesting.

Wake up and take control. Your mind is the most powerful tool you have, and if you let it be polluted by garbage, that's exactly what you'll get in your life—garbage. If you're serious about achieving your goals, whether it's getting that amazing physique, clear skin, or a successful career, you need to clean up what you expose yourself to.

Start by curating your environment. Only follow social media accounts that inspire and uplift you. Limit your exposure to news that drags you down; stay informed, but don't let it consume you. Choose music that motivates and empowers you. Be ruthless with your social circle—cut out the negativity and surround yourself with people who support your growth and well-being.

Your mind is a garden, and if you let weeds grow, they will choke out the flowers. Tend to it carefully. Feed it with positive, empowering content. Engage in activities that foster growth and positivity. Read books, listen to podcasts, and watch videos that help you become the best version of yourself.

By being selective about what you allow into your mind, you're taking a crucial step in taking control of your reality. You're setting yourself up for success by aligning your subconscious with your goals and desires. Protect your mind fiercely. It's the first step in manifesting the life you truly want. Don't let just anyone or anything have access to your precious mental space. Be vigilant, be discerning, and watch as your reality starts to shift in the direction you desire.

I don't care how entertaining it is—if a piece of media or a person brings up negative emotions of any kind, ignore it. Keep your mind focused and aware, allowing in only positive thoughts that support the reality you want to create. Your mental diet is just as important as your physical one, and you wouldn't willingly consume junk food if you were trying to get healthy, would you? The same principle applies here.

Whether you believe it or not, this is how the process of manifesting your reality works. It's not a matter of opinion; it's a fundamental law of the universe, like

gravity. You can choose to acknowledge it or dismiss it, but it’s at work regardless. The thoughts and emotions you allow to dominate your mind shape your experiences and the world around you.

What you seek is seeking you

Whatever life you desire for yourself is within your reach because you have the ability to make it a reality. All of your dreams are not just idle fantasies; they are the universe's way of guiding you toward what you are meant to manifest in this lifetime. You wouldn’t have a desire or a dream unless it were within your power to make it real. You are the dreamer you’ve been looking for.

Too often, people live vicariously through others who are living dreams similar to their own, settling for an indirect experience instead of pursuing the real thing. But there’s no need to do this. Your dreams are unique instructions from the universe, a blueprint for what you are meant to achieve and experience. These dreams are not random; they are deeply rooted in your capabilities and potential.

When you embrace your dreams and recognize them as achievable, you unlock a powerful motivation to take action. Each step you take toward your dream is a step closer to turning it into your reality. It’s important to understand that your dreams are not distant, unattainable goals. They are reflections of your inner potential and the life you are capable of creating.

Think about it: every dream you have is a signpost pointing you toward your true path. By acknowledging this and taking deliberate action, you move from a state of

passive wishing to active creation. Don’t settle for watching others live the life you desire. Instead, take charge of your destiny and pursue your dreams with passion and determination.

You have everything you need within you to achieve your dreams. The universe has equipped you with the talents, resources, and opportunities necessary to make them a reality. All you need to do is believe in yourself and take the first step. Remember, the journey of a thousand miles begins with a single step. So, take that step today and start turning your dreams into your reality.

In the end, you are the architect of your life. The power to shape your destiny lies in your hands. Embrace your dreams, believe in your potential, and take action. The life you’ve always wanted is waiting for you to claim it. So go for it, and make your dreams come true.

CHAPTER 2

The Hidden Agenda: Healthcare or Wealthcare

Understanding the Medical System

The purpose of this chapter is to highlight how, in today's society, many people tend to follow the crowd without critically examining the information presented to them. This tendency to accept repeated statements from mass media and even from friends and family without questioning their validity has led to widespread misconceptions about health, nutrition, and the treatment of illnesses.

In our modern world, information is abundant, but discernment is often lacking. People are inundated with messages about what they should eat, how they should live, and how they should treat various health conditions. Unfortunately, much of this information is driven by commercial interests, outdated science, or popular myths that have been perpetuated over time. The result is a population that is misled about the very fundamentals of maintaining good health.

For example, many dietary guidelines and health recommendations are based on flawed or incomplete studies that have been accepted without sufficient scrutiny. The food industry plays a significant role in shaping public perception, often prioritizing profit over public health. As a consequence, many of us are making choices that we believe are healthy, but which are actually contributing to poor health outcomes.

The aim of this chapter is to encourage you to question the information you receive, to look beyond the surface, and to seek out the truth. This involves a

critical examination of the sources of your information, understanding the motivations behind them, and being open to new and sometimes challenging ideas.

By emptying your mind of the prevailing myths and misinformation, you create space for a new understanding. The truth about nutrition and health is often simpler and more profound than the complex web of falsehoods we have been led to believe. In the next chapter, I will reveal evidence-based insights and practical advice that can help you make informed decisions about your health and well-being. This journey requires an open mind and a willingness to challenge long-held beliefs, but the reward is a clearer path to true health and vitality.

It is imperative to include this chapter before moving on to the next, which will offer a clear and unequivocal portrayal of what a genuine human diet entails, grounded in reality. The necessity for this arises from the pervasive brainwashing you've been subjected to, replete with misinformation and fear-mongering, all designed to steer you away from inadvertently discovering the true essence of proper nutrition. The landscape of dietary guidance is fraught with confusion and fear, and this is no accident. It is my duty to illuminate the reasons behind this orchestrated uncertainty, to dispel the fear and equip you with the clarity needed to fully comprehend and embrace the accurate nutritional insights I will present in the subsequent chapter.

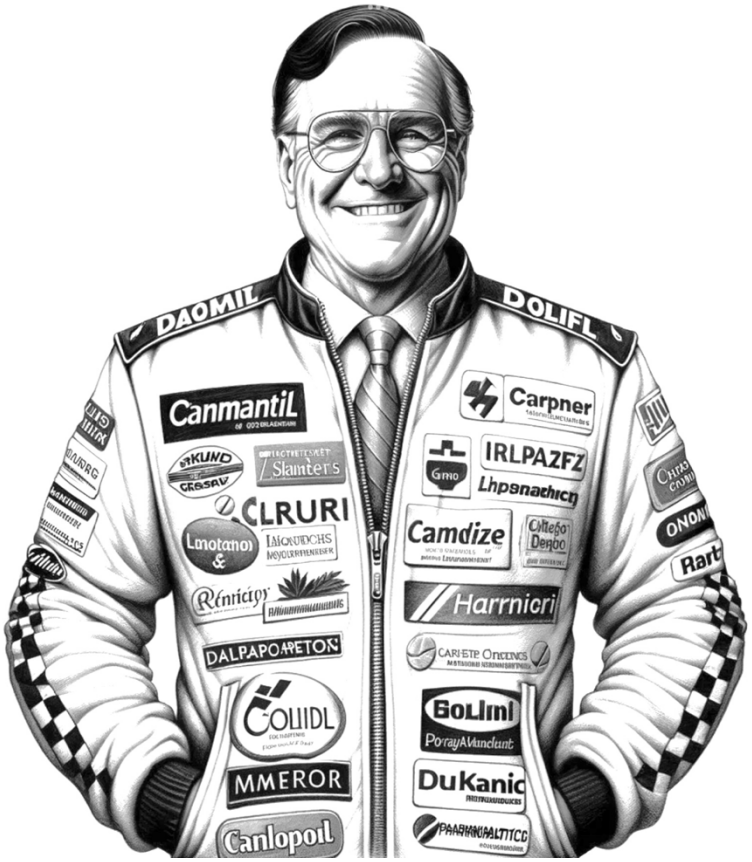
To better understand why I believe the current medical advice taught in universities and colleges for human health -related certificates or degrees is extremely flawed, I will explain the origins of the curriculum, who established it, and the reasons behind its creation which almost everyone is completely unaware of.

Doctors in the Western world aren't paid based on the number of patients they heal. Instead, their income is tied to the volume of prescription pills they sell and the surgeries they perform. The real paymasters are the giant pharmaceutical companies, rewarding doctors for pushing pills onto unsuspecting patients. How can doctors make a living if they address the root problem, which, in 99% of cases, can be resolved simply by adjusting the diet? Even if they had the best intentions and genuinely wanted to heal you, their training in allopathic medication, not human physiology, leaves them ill-equipped. Astonishingly, most doctors undergo just one Nutrition Course during their entire 10-year education. What they're actually learning in medical school is which pills to prescribe for various ailments. They're being trained as pharmaceutical salesmen, with a curriculum crafted by the pharmaceutical industry itself. It's a vicious cycle, and I'm here to jolt you awake from it, so you don't become its next victim.

There's no profit in healthy individuals, and there's no profit in deceased ones. The real goldmine lies in keeping people sick, prolonging their illness to ensure they remain dependent on medications that generate trillions of dollars for these corporations.

When you dig into what doctors are actually taught in medical school, who designs their curriculum, and who pays money to be able to influences their education, it's enough to make your head spin. It becomes painfully clear that trusting your own common sense and understanding the biological facts is a safer bet for maintaining your health. Why? Because the very same people dishing out health advice are also profiting from selling us medications. The truly disheartening aspect of this situation is that many healthcare professionals are unaware of the flawed nature of the advice they're being taught. They genuinely believe they are helping people by

dispensing this misguided advice, only to end up prescribing medications and recommending surgeries that could have easily been avoided with a change in diet. This cycle perpetuates a system where the focus shifts from prevention and holistic health to treatment and intervention, often driven by profit rather than patient well-being. It sounds like something out of a conspiracy theory, but the evidence is overwhelming. This isn't just a one-time event; it's a pattern that's repeated in the past, happening right now, and will likely continue as long as money is in the mix. Doctors should be required to display the logos of the pharmaceutical companies that sponsor them on their clothing, similar to how race car drivers showcase their sponsors on their attire and vehicles.



Money controls human nutritional science. Mindless repetition of a lie makes people believe it. Another name for this is called the "illusory truth effect" which is

a psychological phenomenon. It suggests that repeated exposure to a statement increases the likelihood that people will perceive it as true, even if it is false. This is the reason why people defend their disgustingly incorrect ideologies on nutrition with absolutely zero evidence behind them. After listing, some of these common misconceptions about nutrition, I will completely dissect and debunk them later on in the chapter after explaining why the “qualified experts” are useless for seeking the truth on the matter. In this chapter, im going to explain in great detail why the American medical system is corrupt and why our so-called medical professionals and experts are being taught useless information in regards to our health. The truth behind the medical industry is truly sinister and will throw you in for quite a spin. First thing I need you to keep in mind is that the pharmaceutical industry is a huge business.

Let’s get into the numbers. The pharmaceutical industry is responsible for the research, development, production, and distribution of medications. The market has experienced significant growth during the past two decades, and pharma revenues worldwide totaled 1.48 trillion U.S. dollars in 2022. When you own a business that generates that level of income, you’ll do everything in your power to make sure it stays that way, regardless of how many people are affected in detrimental ways.

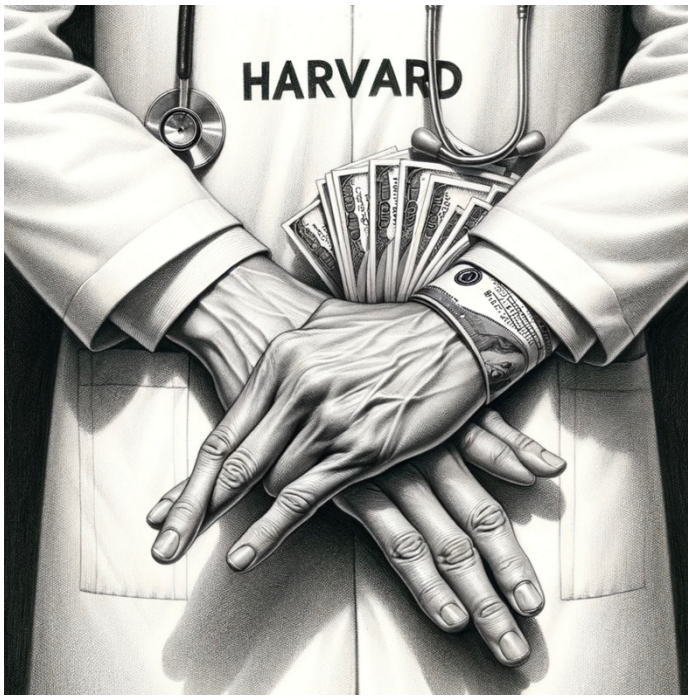
A whopping $1.48 trillion is at stake, and it's no wonder that some are willing to do whatever it takes to protect their profits. They're not just bending the truth; they're shattering it. These profit-driven players are willing to pay off "scientists" and other so-called experts to cook up results that serve their agenda. Then, these bought-and-paid-for researchers dress up their findings as solid science, pulling the

wool over the eyes of the unsuspecting public. It's a well-oiled machine fueled by greed, and it keeps churning as long as the money keeps flowing.

But when we cut through the bs pseudoscience and look at the facts with clear eyes and real science, the best diet for humans becomes glaringly obvious. We don't need to be duped by the profit-driven propaganda.

Here are some jaw-dropping examples of when the unthinkable happened: trusted scientists were caught red-handed, shamelessly fabricating studies and results, all for a handful of extra dollars. It's a shocking betrayal of trust that leaves us questioning everything we thought we knew.

One might assume that Harvard, a prestigious institution, upholds the highest standards of credibility. However, it's startling to learn that in the 1950s, the university was embroiled in a scandal involving the manipulation of health studies. Reports suggest that researchers were financially incentivized to skew their findings, particularly in studies related to sugar and its impact on health. This revelation challenges the trust we place in academic research and underscores the importance of transparency and integrity in scientific studies.



As heart disease rates began to climb, people started to connect the dots between the rise in sugar consumption and the increase in heart disease. Well, would you believe it? Just when folks started to suspect that sugar might be linked to heart disease, the sugar industry got jittery about their profits taking a hit. So, what did they do? They allegedly tossed a cool $50,000 (in today's cash) to some Harvard "scientists" to whip up studies that pointed fingers at animal fat (one of the oldest food consumed by humans) instead of sugar. Talk about a sweet deal for them, right? But not so sweet for the rest of us trying to figure out what's really going on with our health! With the spotlight shifted to fat, the sugar industry had found its scapegoat. Innocent, healthy fats were wrongfully accused of causing heart disease, despite the lack of solid evidence linking them to the illness. As a result, people began to cut these essential fats from their diets, replacing them with what can only be described as pure poison – sugar-laden foods. This misguided switch had far-reaching consequences for public health, leading to an era of confusion and misinformation about what truly constitutes a heart-healthy diet that is disgustingly inaccurate.

Because of the sugar industry's manipulation, many people still believe that certain carbs in fruits, which are loaded with sugar or convert to sugar, are healthy for us. Meanwhile, fats, which our bodies desperately need, are considered bad. Unfortunately, the truth about this scandal and the real impact of sugar and fat on our health remains unknown to many. The widespread lie that sugar is benign, and fat is harmful continues to shape dietary choices, leaving the real story in the shadows.

"It was a very smart thing the sugar industry did, because review papers, especially if you get them published in a very prominent journal, tend to shape the overall scientific discussion," co-author Stanton Glantz told The New York Times.

The resulting article published in 1967 concluded there was "no doubt" that reducing cholesterol and saturated fat was the only dietary intervention needed to prevent heart disease. The researchers overstated the consistency of the literature on fat and cholesterol, while downplaying studies on sugar, according to the analysis.

"Let me assure you this is quite what we had in mind, and we look forward to its appearance in print," wrote an employee of the sugar industry group to one of the authors.

The documents in question are five decades old, but the larger issue is of the moment, as Marion Nestle notes in a commentary in the same issue of JAMA Internal Medicine:

"Is it really true that food companies deliberately set out to manipulate research in their favor? Yes, it is, and the practice continues. In 2015, the New York Times obtained emails revealing Coca-Cola's cozy relationships with sponsored researchers who were conducting studies aimed at minimizing the effects of sugary drinks on obesity. Even more recently, the Associated Press obtained emails showing how a candy trade association funded and influenced studies to show that children who eat sweets have healthier body weights than those who do not."

Did you know that Coca Cola alone spends eleven times the amount of money on nutritional research every year than the National Institute of Health which is the primary federal agency for conducting and supporting medical research in the United States? That's only Coca Cola. There's Nestle, Kellogg's, Sanitarium, and other processed big food companies that are all pumping out research and paying universities to conduct studies that favor the sales increase of their products, making the majority of these studies biased. It's shocking how many studies claim health improvements on a plant-based diet without fully disclosing what they're comparing it to. Are we to believe that meat, the oldest food consumed by the healthiest most robust humans, is the sole culprit? The truth is, these studies often pit a plant-based diet against a processed food disaster, where the only meat present is a token amount in a greasy hamburger or a sodium-laden hotdog, both accompanied by trans fats and sugar-laden drinks. In this scenario, meat is barely a factor.

When individuals switch from this nutritional train-wreck to a whole food, plant-based diet, it's no surprise that their health takes a turn for the better. But let's not jump to conclusions – this improvement has nothing to do with the fact that they've ditched meat. The real hero of the story is the elimination of processed plant-based foods, which are the real culprits detrimental to health. In the next chapter, I'll dive into the stark contrasts between a whole food, plant-based diet and a whole food, meat-based diet. Prepare to have your mind blown by the differences between the two groups.

Are you really going to gamble your health by taking the advice of individuals who have been wrong in the past, wrong in the present, and will continue to be wrong in the future? These people have so much trust put into them, yet not that long ago,

they were advising their poor patients to do one of the worst possible things for their health, again, for money.

From the 1930's to the 1970's, patients were prescribed cigarettes by the doctor. The cause of this was because tobacco brands hired throat doctors to explain that dust, germs and lack of menthol were to blame when it came to illnesses, not cigarettes. In fact, they believed cigarettes weren't harmful at all and once people started, they became addicted!

Shortly after in 1948 the links between smoking and lung cancer were becoming apparent. Cigarette manufacturers disputed this evidence, as part of an orchestrated conspiracy to salvage cigarette sales. An anti-nicotine diet was started by tobacco companies and low nicotine cigarettes were introduced. The aim was to reduce nicotine intake and their slogan was 'without giving up a single cigarette'. Companies had a doubt that there was relationship between lung cancer and tobacco, so instead of admitting to the health problem they found a solution to cover it, so they didn't lose their profits!

The Philip Morris company took that one step forward with a Saturday Evening Post ad claiming doctors had conducted a study showing "when smokers changed to Philip Morris, every case of irritation cleared completely and definitely improved." What it didn't mention was that Philip Morris had sponsored those doctors. Philip Morris continued to advertise "studies" it sponsored through the 1940s, the decade that saw the introduction of penicillin. "The American public is thinking about medicine in such a positive way and science in a positive way," says Gardner, who co-authored an American Journal of Public Health article about doctors in cigarette ads. To this end, the R.J. Reynolds Tobacco Company created a Medical Relations Division and advertised it in medical journals. Reynolds began paying for research and then citing it in its ads like Philip Morris. In 1946, Reynolds launched an ad campaign with the slogan, "More doctors smoke Camels

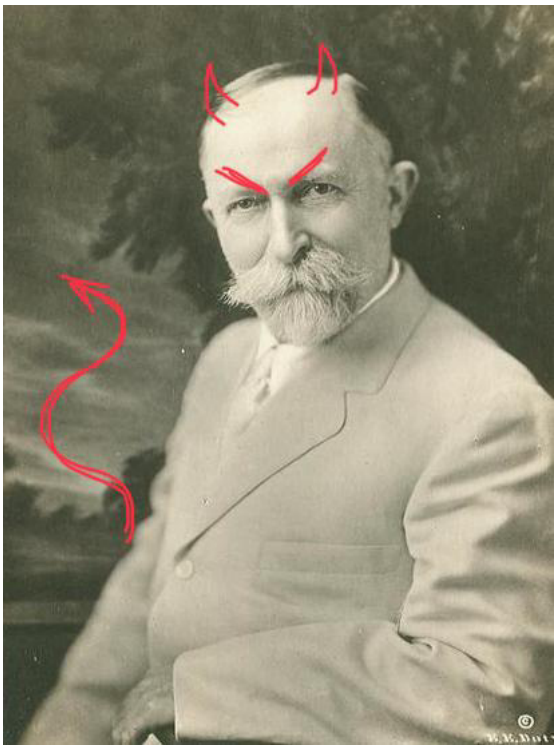
than any other cigarette." They'd solicited this "finding" by giving doctors a free carton of Camel cigarettes, and then asking what brand they smoked.

Viceroys
FILTER
the Smoke!
As your Dentist, I would recommend VICEROYS
VICEROY
TWENTY

"Give your throat a vacation...
Smoke a
FRESH
cigarette"
IF the cigarette you have been smoking stings or burns your throat, switch to Camels and see the difference.
It's the peppery dust left in tobacco by inefficient cleaning methods that makes you cough.
It's the unkindly hot smoke of harsh, dried-out tobacco that burns and irritates your throat.
There is no peppery dust in Camels—that's whisked away by a special vacuum-cleaning process.
There are no stale, crumbly, parched tobaccos—the fine Turkish and mild Domestic tobaccos of which Camels are blended come to you in prime, factory-fresh condition, thanks to the Humidor Pack.
This scientific germ-safe wrapping—not plain ordinary Cellophane, but moisture-proof Cellophane which costs nearly twice as much—seals in all the natural aroma and freshness, seals it so tightly that wet weather cannot make Camels damp, nor drought weather make them dry.
Camels are milder and more throat-friendly because they are dust-free and fresh.
Give your throat a vacation, switch to Camels for just one day. Then leave them—if you can.
HUMIDOR PACK
CAMELS
Mild... NO CIGARETTY AFTER-TASTE

CAMEL
Dr. Batty's
For Your Health
ASTHMA CIGARETTES
SINCE 1892

Who Wrote Our Nutritional Curriculum?



Meet the child abuser who invented your breakfast and influenced the medical curriculum that is still being taught to this day. John H. Kellogg's is the founder of the most popular breakfast food, and that's corn flake cereal. To get an idea of his interests, Kellogg's work was his advocacy for circumcision as a means to prevent masturbation in boys. He believed that circumcision, performed without anesthesia, would create an association between genital pain and sexual arousal, thereby discouraging the practice of masturbation. In his best-selling Plain Facts for Old and Young he advised parents to perform circumcision in "small boys" without administering anesthetic as a solution to stop them from masturbating.

"The brief pain attending the operation will have a salutary effect upon the mind¸ especially if it be connected with the idea of punishment..."

For parents who balked at this extreme suggestion he had a simpler alternative: sew their kid's penis into its foreskin (Ouch!). "...The prepuce or foreskin is drawn forward over the glans and the needle to which wire is attached is passed through from one side to the other. After drawing the wire through, the ends are twisted

together and cut off close. It is now impossible for an erection to occur," writes Kellogg with sadistic delight in his book.

Kellogg also proposed similarly harsh measures for girls. His book features soberly advice on how to stop little girls from touching themselves. His recommendation: apply carbolic acid to their clitorises. (This man is responsible for the current curriculum on nutrition still being taught in universities today and most people don't know that his plant-based encouragement is rooted in religious ideology not science, but we'll get into that later).

The creation of Kellogg's Corn Flakes was motivated by his belief in the importance of a bland diet for both physical health and moral purity. He thought that a simple, bland diet would help suppress sexual urges, leading to a more virtuous life.

Kellogg's religious ideology, deeply rooted in Seventh-day Adventism, heavily influenced his approach to medicine and nutrition.

Gee! I Wish
They'd Hurry With
Kellogg's
TOASTED CORN FLAKES
The Most Delicious of all Breakfast Foods
LOOK FOR THIS SIGNATURE
W.K.Kellogg
TOASTED CORN FLAKE CO. Battle Creek Mich
Canadian Trade Supplied by the Battle Creek Toasted Corn Flake Co. Ltd.
TOASTED CORN FLAKES

THERE is a youngster in almost every home who demands Kellogg's Toasted Corn Flakes, with their zestful, appetizing, crisp-from-the-oven taste.
Think of all the homes where they are the best-liked of the cereals—the oftenest repeated—the most called for. Then ask yourself if there is something here that your folks are missing.
Once get accustomed to having the Kellogg Waxtite package handy and you'll see how many breakfasts begin with Kellogg's—how often they are served for the children's supper—between meals—or as a light repast before going to bed.
Folks who have learned the sense of light foods are enjoying these satisfying golden flakes the year around.
W.K.Kellogg
TOASTED CORN FLAKES

READY
SET
GO
FOR THIS EXTRA TASTY
EXTRA NOURISHING
30 SECONDS BREAKFAST
KELLOGG'S CORN FLAKES
Youngsters thrive on Kellogg's Corn Flakes because Kellogg's give you back the full value for your money in quality. No other grain can touch the energy value provided by corn, and Kellogg's use only the best grain this country grows — specially cultivated white Australian corn.
Remember too, Kellogg's put their Corn Flakes straight into waxtite inner-sealed wrappers. This waxtite wrapper not only guarantees 100 per cent. crispness and flavour up until time of purchase, but continues to maintain oven freshness after the outer packet is opened. You see — the air can't get in, the flavour can't get out! So ask for Kellogg's Corn Flakes, and always say Kellogg's before you say Corn Flakes.
Kellogg's CORN FLAKES
ays say KELLOGG'S before you say Corn Flakes!

'tain't funny, McGee
CORN FLAKES

All the good things Nature puts into corn—you get out of Kellogg's Corn Flakes
Kellogg's CORN FLAKES

"You'd Be Selfish Too"
Kellogg's TOASTED CORN FLAKES
NONE GENUINE WITHOUT THIS SIGNATU

Now isn't that just like a man? Trying to get a laugh out of you in spite of the fact that more families (including yours!) run out of Kellogg's Corn Flakes this morning than any other cereal. Unfortunately, that happens every morning. Reason is this great, good grain food just naturally tastes best to more people. Always has, still does. Only way to get the last laugh is to pick up a spare package of Kellogg's Corn Flakes every time you buy any cereal of any kind!
FRESH FROM Kellogg's OF BATTLE CREEK
REMINDER:

YOU WON'T BELIEVE IT
UNTIL YOU'VE TRIED IT!
Delicious! Kellogg's Corn
served PIPING H
with HOT milk or
THERE'S NO TROUBLE GETTING THE CHILDREN TO EAT A GOOD WARM BREAKFAST WHEN I GIVE THEM KELLOGG'S CORN FLAKES THIS NEW WAY. AND IT SAVES ME TIME AND TROUBLE, TOO!
Kellogg's PIPING HOT BREAKFAST
1 HEAT Kellogg's Corn Flakes in the oven
2 Pour on HOT milk or cream just before eating
CORN FLAKES

Kellogg's

Kellogg's
CORN FLAKES

Can you believe that the school curriculum and education regarding nutrition, which often paints meat in a negative light while promoting plant-based diets, is actually grounded in a religious ideology! What's even more surprising is that this ideological basis is not openly disclosed and is instead passed off as factual information. It's a revelation that calls into question the objectivity of our educational content in the realm of nutrition. Let’s start with how the corruption began with the help of Doctor Anthony Chaffee who is a remarkable figure in the medical and nutritional fields. With a strong academic background in Molecular & Cellular Biology and Chemistry, Dr. Chaffee has made significant contributions to challenging conventional dietary guidelines, particularly through his advocacy of the carnivore diet. His work in treating chronic diseases through dietary and lifestyle changes has transformed the lives of many. In one of his presentations, he outlines the pervasive influences behind the nutritional and medical guidelines from the Seventh Day Adventist church, big food corporations and pharmaceutical industries.

So how did we end up with plants being widely considered as a part of a healthy diet? Dietetic associations that argue for plant-based diets. These associations recommend vegetarian diets claiming it’s the healthiest route, while also recognizing the nutritional deficiencies, warning about the importance of supplementing those essential nutrients which range from B-12, D-3, K-2, vitamin A, iron, and others. So their logic is, “ this is the best diet for optimal health, as long as you’re taking tons of supplements from lack of it in your diet”. Pretty ridiculous for a group of nutritional experts to suggest that. These associations also refer to low carb diets as “fad diets” and publish research papers that are funded by Sanitarium, Kellogg’s, or Seventh Day Adventist church. Claiming that ketogenic

diets are fad diets despite there being thousands of studies in humans showing the medical benefits. Eventually, they had to change those guidelines since a ketogenic diet is now in the national schedule for diabetes treatments.

When they were advocating for a plant-based diet, they listed reasons for its benefits based on 4 studies. Every single one of those studies was funded and written by individuals from the sanitarium/sda (seven-day Adventist) company. These studies come from compromised sources.

The best money is made when you tell people to stop eating meat and feed them plant-based foods along with medication. If you tell patients how to get off drugs, you're doing damage to these medication selling companies. Doctors are not qualified in human nutrition; they are qualified and allopathic medicine.

It's quite astonishing, but the roots of this dietary philosophy actually trace back to around 150 years ago, with the Seventh Day Adventist Church playing a pivotal role, which is quite unexpected. Much of the information we have on this topic is thanks to the research of Belinda Fettke, who is married to Dr. Gary Fettke, an orthopedic surgeon from Tasmania. She has shed light on the perplexing question of why this dietary approach has been so persistently promoted.

The story revolves around Ellen G. White, a prophetess within the church, who claimed to have received a divine vision stating that meat was inherently evil. According to her, consuming meat led to increased sexual desires, which were considered sinful. As a result, she preached that meat consumption was as sinful as indulging in smoking or drinking alcohol. Her views were influenced by Sylvester Graham, known for Graham crackers, who also believed in a bland diet to curb

sexual impulses. This specific dietary guidance was clearly outlined in their writings.

The dietary guidelines were explicitly designed to curb sexual desires, as sexual activity was deemed sinful. This belief was also intertwined with the temperance movement, which advocated for moderation and self-control, particularly in relation to sexual behavior. Masturbation, for example, was considered a grave sin, and Ellen G. White even wrote a book titled "An Appeal to Mothers," where she likened a child's act of masturbation to self-inflicted mortal harm.

One of the individuals influenced by White's teachings was John Harvey Kellogg. He started working with her as a typesetter at the age of 12 and was deeply exposed to her ideas. Kellogg later became a well-known figure in his own right, co-founding Kellogg's cereals with his brother. As the director of the Battle Creek Sanitarium in Michigan, he created Kellogg's cereals with the intention of providing food that would help suppress sexual urges, in line with the teachings he had absorbed from White.

The plant-based food industry, which includes companies like Kellogg's, can be traced back to the origins of the processed food movement. Kellogg and his brother created Corn Flakes and various other cereals, leading to the emergence of around 36 cereal companies in the Battle Creek, Michigan area, all influenced by Kellogg's ideas.

Kellogg was a highly influential figure in America, regarded as a doctor and scientist of great renown during the late 1800s and early 1900s. He was sought after by presidents, movie stars, and politicians who visited his sanitarium in Battle

Creek for his expertise. His influence was significant, and he was known for promoting some unusual health practices. For example, he was a strong advocate for enemas and reportedly administered two to himself daily. He even had a high-powered machine capable of pumping 60 liters of water in and out of the rectum in less than a minute.

Kellogg believed that regular enemas were a key component of maintaining good health, along with adhering to a vegan diet. His unique and peculiar ideas, however, did not diminish his influence. As a result of his popularity, numerous other cereal companies emerged, inspired by his approach.

In Australia, one notable company that emerged is Sanitarium Health Food Company, which is among the largest producers of processed foods in the country. It remains owned by the Seventh Day Adventist Church and enjoys tax-exempt status due to its affiliation with the religious organization. Although their mission statement promotes a plant-based agenda for health reasons, it is essentially rooted in the religious ideology of curbing sexual desires, a detail that is not openly disclosed.

Essentially, the impact of the Seventh Day Adventist Church on our diet is profound. They laid the foundation for the processed food industry, but their influence extends far beyond that. They have played a significant role in shaping many of the major dietary guidelines and decision-making processes over the last century. In fact, the situation is even more concerning when you consider that the Academy of Nutrition and Dietetics in America was founded by members of the Seventh Day Adventist Church. As a result, the entire field of nutritional sciences

and dietetics has been shaped by individuals who hold a religious bias against meat consumption.

This focus on plant-based diets is evident in the education provided by top nutritional colleges. For example, Dr. Anthony Chaffee grew up near a renowned nutritional college called Loma Linda University, where almost everyone who graduated advocated for a Whole Food vegan diet. This approach always struck him as extreme, especially considering the diverse dietary needs of people.

Doctor Chaffee stated that “Apex predators, by definition, consume animals, so the notion that we should only eat plants, despite their nutrient deficiencies and our clear reliance on meat, seemed illogical to me. However, I now understand the reason behind this: the influence of the Seventh Day Adventist Church on the field of nutrition. The Adventist Health Study and other related associations have had a significant impact worldwide.

Loma Linda University, a Seventh Day Adventist institution, is a prime example. When I was applying to medical schools in 2008, I was living in California and considering various schools in the state. I came across Loma Linda University, but I quickly realized that I couldn't even apply there. The application requirements stated that one must be a member of the Seventh Day Adventist Church, and a letter from your church deacon was necessary just to apply. This exclusivity underscored the deep-rooted influence of the church's beliefs in the institution.

I was surprised to find that I couldn't even apply to Loma Linda University unless I was a member of the Seventh Day Adventist Church. The application process

required a letter from a church deacon, which highlighted the strong influence of the church's beliefs on the institution.”

The influence of the Seventh Day Adventist Church extends into governmental dietary recommendations as well. The McGovern Report, which was the first government-sanctioned advice to the public, advocated for reducing fat and meat consumption and increasing intake of grains, vegetables, and fruits. It's noteworthy that the main author of this report was a member of the Seventh Day Adventist Church.

Furthermore, the Pritikin Diet, once considered the gold standard for heart disease prevention, was developed by Nathan Pritikin, who was a professor at Loma Linda University. While it's unclear if he was a member of the Seventh Day Adventist Church, his diet was certainly influenced by their principles.”

“I discovered that to apply to Loma Linda University, one must be a member of the Seventh Day Adventist Church, as the application process requires a letter from a church deacon. This requirement emphasizes the strong influence of the church's beliefs on the institution.

Additionally, the church's influence extends to governmental dietary guidelines. The McGovern Report, which was the first to advise the public to reduce fat and meat intake in favor of grains, vegetables, and fruits, had a main author who was a member of the Seventh Day Adventist Church.

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While it's uncertain whether he was a church member, his diet was undoubtedly shaped by their dietary principles.”

The influence of the Seventh Day Adventist Church on nutrition education is profound. They authored the curriculum that has been perpetuating their dietary beliefs for over a century. This curriculum is still in use today, with its most recent edition still being taught in schools. They write the curriculum, they write the tests, they’re behind it all.

Sally Norton, known for her book "Toxic Superfoods," is a case in point. As a nutritionist who studied at Cornell University, an Ivy League institution, she was taught to focus on a plant-based diet. However, this led to her becoming increasingly ill, nearly resulting in her death in her 30s due to the toxins present in the plants she was consuming. These plants were considered the healthiest options according to her textbook, which was the most recent edition of the curriculum influenced by the Seventh Day Adventist Church.

This example highlights how the church has been at the forefront of shaping nutritional thought for over a century. Their influence extends beyond just education, as they continue to impact various aspects of nutrition and health.

The influence of the Seventh Day Adventist Church is not limited to nutrition education; it has also infiltrated the medical sciences. Most doctors have been exposed to the notion that we should eat less meat and saturated fat. This advice is widely accepted and promoted by many medical professionals.

However, the situation has escalated with the founding of lifestyle medicine by the Seventh Day Adventist Church in 2003. The primary goal of this movement is to push a plant-based agenda in medicine. While the concept of changing your diet, eating right, and exercising is beneficial, the specific dietary recommendations of lifestyle medicine emphasize consuming more grains, fruits, and vegetables, and reducing meat intake, often advocating for a vegan diet.

This approach, founded and promoted by the Seventh Day Adventist Church, shapes the curriculum and exams for this specialty, further spreading their influence in the medical field.

The Seventh Day Adventist Church continues to dominate the field of lifestyle medicine, which has now become a recognized specialty in many Western countries, including Australia, America, and Europe. This specialty involves examinations and a curriculum that promotes a plant-based agenda.

Moreover, the processed food industry is closely linked with the concept of "Exercise is Medicine," a movement founded by Coca-Cola. This initiative shifts the focus away from dietary habits, suggesting that as long as you exercise, you can consume anything, including sugary drinks and fast food. This notion implies that calories in, calories out is all that matters, which is a misleading oversimplification.

The reality is that certain substances, regardless of physical activity, can be harmful to the body. The idea that exercise can counteract the negative effects of unhealthy food choices is flawed. Unfortunately, even reputable organizations like the

Dietitians Association of Australia are influenced by this perspective, which is not conducive to promoting genuine health and wellness.

The Dietitians Association of Australia (DAA) appears to be significantly influenced by its corporate partnerships with companies like Nestlé, Kellogg, Sanitarium, and Freedom Foods. These partnerships seem to drive an agenda that promotes carbohydrates, grains, and even sugar as healthy options, aligning with the products these companies sell.

Dr. Gary Fettke, an orthopedic surgeon from Tasmania, faced personal targeting by the CEO of the DAA. His 'crime' was effectively treating his patients with diabetes, reducing their need for leg amputations. As a surgeon who frequently performed amputations, Dr. Fettke was often the only medical professional willing to treat these challenging cases. He discovered the benefits of low-carb diets in managing diabetes and began recommending this approach to his patients. Remarkably, this led to a significant reduction in the need for amputations, as his patients' health improved dramatically under his care.

Dr. Fettke was making a significant impact by saving patients from amputations and reducing healthcare costs through his low-carb dietary recommendations. Despite his success, he faced relentless attacks and abuse from the Australian Health Practitioner Regulation Agency (AHPRA) and the CEO of the Dietitians Association of Australia (DAA), who even contacted his medical director to demand his dismissal, labeling him as a problem.

The extent of the campaign against Dr. Fettke was revealed when the Low Carb Down Under organization uncovered minutes from meetings of processed food

companies and some nutritionists. These documents showed that they had specifically targeted Dr. Fettke by name, stating that they needed to silence him because his low-carb advocacy was negatively affecting their cereal sales.

This situation highlights a concerning level of militancy from these groups, who seem more focused on their financial interests or religious ideologies than on public health and nutrition. Unfortunately, companies like Kellogg's and other processed food manufacturers are implicated in these actions.

Companies like Kellogg's and other processed food manufacturers face significant conflicts of interest, as they are also invested in the pharmaceutical industry. This situation raises concerns about their motives, as it appears they may profit from the health issues caused by their products. This connection between processed food companies and pharmaceutical investments suggests a troubling relationship where these companies might benefit from the health problems resulting from the dietary habits they promote.

The involvement of the Seventh Day Adventist Church adds another layer to this issue. While they may believe they are helping people by promoting a plant-based diet and discouraging behaviors like masturbation, the reality is that the dietary guidelines they advocate could be contributing to health problems. This is particularly concerning given their investments in pharmaceuticals, which could profit from the treatment of conditions like diabetes, exacerbated by the diets they endorse.

The Sugar Association notably impacted the McGovern report by financially influencing three Harvard professors. These professors manipulated data and

published deceptive studies that falsely implicated cholesterol as the primary cause of heart disease, while absolving sugar of any harm. They advocated for replacing dietary fat with sugar, dubbing it a "safe" and "empty calorie."

One of these professors later became the head of the USDA and was responsible for the 1977 declaration that wrongly blamed cholesterol for heart disease, a notion that was later debunked. This revelation came to light in a 2016 publication in the Journal of the American Medical Association, based on internal memos from the sugar industry that detailed their payments to the professors, amounting to $6,500 at the time. This historical fact underscores the problematic influence of the sugar industry on dietary guidelines and public health.

The majority of funding for nutritional research is provided by industries that stand to benefit from misleading the public, creating a significant conflict of interest. It's crucial to recognize that independent studies often show a stark contrast to industry-funded research. For example, the 1931 study of the Maasai people provides valuable insights into the effects of whole food, plant-based versus meat-based diets. However, comprehensive studies comparing the health outcomes of different dietary patterns are rare, as they may not align with the interests of the food industry.

This situation is reminiscent of a report by Goldman Sachs, which questioned whether curing patients is a sustainable business model. How evil. In the report, they implied that treatments that offer ongoing revenue are more desirable from a business perspective than cures that provide a one-time solution. This mindset reflects a troubling prioritization of profit over patient well-being and underscores the need for a critical examination of the motives behind medical and nutritional

research, yet most people think that these so-called health experts have patients' best interests at heart.

It's puzzling to think about the idea that we have the capability, like with gene therapy, to potentially cure diseases outright, which is amazing. But then, there's this odd twist: curing diseases doesn't bring back repeat customers. So, is it really a sensible business model? Should we be investing in genuine cures, or are we better off just developing treatments that manage symptoms indefinitely for chronic conditions like diabetes, heart disease, and high blood pressure?

It gets even more bewildering when you consider that statins are being recommended for everyone, even children with high LDL levels. It almost seems like there's a strategy to hook patients early and keep them dependent for life, much like a drug dealer's tactic. It's as if the focus isn't on curing diseases at all, but rather on maintaining profitability. So, while individual doctors might genuinely want to help, it feels like they're being steered by these profit-driven motives.

Doctors may not even be aware of the influences shaping their practices. They might not realize that their recommendations are swayed by industry interests, religious agendas, or financial motives. Instead, they see the available drugs and treatments as valuable tools in their arsenal to combat diseases, unaware that these solutions are designed not to provide a permanent fix.

Despite the advancements in medicine and surgery, and the increasing number of professionals working on health issues, the general populace is becoming unhealthier, with obesity rates rising and life expectancy beginning to decline. This indicates that the current approach is not effective.

Therefore, it's crucial for individuals to take charge of their own health, to understand the forces at play, and to recognize that the responsibility for their well-being ultimately lies with themselves, not with external entities.

What steps can you take to ensure a healthy diet? It's crucial to seek guidance from knowledgeable sources, such as Max and other experts, to grasp the essence of true health for a human being from a biological standpoint. The focus should be on consuming foods that align with our evolutionary design.

Consider the koala, which exclusively eats eucalyptus leaves, as other foods could be harmful to it. Similarly, humans should question why we consume a wide array of plants, some of which are recent additions to our diet. Broccoli, for example, is a product of human hybridization, as is corn. These plants did not exist in their current forms until relatively recently.

The advent of seed oils and the creation of processed foods like impossible burgers through chemical processes further complicate our diet. When examining the ingredients of these products, it's evident that they are recent inventions. It's illogical to assume that our bodies, which have evolved over millennia, are designed to consume foods that have only existed for a short time.

This perspective suggests that humans are primarily designed to consume meat, a food source that has been a staple in our diet for thousands of years, unlike the modern processed foods that have only recently emerged.

The Studies are BS

In today's health circles, there's this hilarious trend of worshipping studies as if they are the gospel truth about what constitutes real health. People just gobble up these so-called findings without a second thought. It's as if they don't realize that studies are almost always skewed by whoever's footing the bill. Genuine, unbiased studies? Good luck finding those in this era! They're as rare as a unicorn in a fast-food joint.

You've probably encountered those well-meaning but clueless folks who demand a study to back up every claim they come across. Bless their hearts. They don't seem to grasp that these studies often serve the interests of those who fund them. The real answers to our health questions lie in our biology and the wisdom of our ancestors, which has been evolving over millions of years. But no, they'd rather put their faith in some new, poorly controlled study.

It's almost comical how often the conclusions of these studies don't even match their findings. Take the anti-meat studies, for instance. They blame meat, humanity's oldest and most natural food source, for all these modern ailments like heart disease, diabetes, and cancer. Seriously? Meat has been a staple of our diet for eons, and suddenly it's the villain in our health drama? It just doesn't add up, does it?

So, next time you see someone waving a study around like it's the ultimate truth, remember this: true health wisdom isn't found in the latest trendy research but in the tried-and-true practices that have sustained humanity for millennia.

You don't need a study to understand that our biology is inherently designed for consuming meat, regardless of how much they try to distort reality. Let's be clear: our evolutionary history is a testament to this fact. Our ancestors thrived on diets rich in animal protein, and our bodies have evolved to process and benefit from these nutrients efficiently.

Despite the barrage of modern studies attempting to demonize meat consumption, the truth is in our anatomy and physiology. Consider the argument often posed by those who swear by the latest anti-meat research. They latch onto these studies, many of which are funded by parties with vested interests, and they conveniently overlook the biases and methodological flaws. The reality is that many of these studies are designed to produce a desired outcome rather than to seek the truth. It's almost laughable how the conclusions often don't align with the actual findings.

For example, studies blaming meat for modern diseases like heart disease, diabetes, and cancer are fundamentally flawed. They ignore the fact that these health issues have skyrocketed in tandem with the rise of processed foods, sugar, and sedentary lifestyles—not with the consumption of unprocessed, natural meats. Our ancestors, who ate diets rich in meat, didn't suffer from these conditions at anywhere near the rates we do today.

It's time to wake up to the reality that our biology hasn't changed significantly in the last few thousand years. What has changed is our food environment and lifestyle. Instead of relying on cherry-picked studies with questionable motives, we should look at the broader picture of human history and biology. Our bodies are designed for meat consumption, and no amount of skewed research can change that fundamental truth.

So, the next time someone throws a study at you as if it's the final word on nutrition, remember this: our biological heritage speaks louder and more truthfully than any modern research possibly could. The wisdom of our ancestors and the natural design of our bodies are the ultimate evidence that meat is, and always has been, a crucial component of a healthy human diet.

Bart Kay is a respected figure in the field of nutritional science, renowned for his profound understanding and insightful critiques of contemporary dietary guidelines. With a background rooted in academic research and a passion for evidence-based nutrition, he has made significant contributions to the discourse on human health and diet. His work extends beyond mere critique, as he actively proposes alternative frameworks for understanding nutrition, emphasizing the importance of bioavailability, metabolic health, and evolutionary considerations in dietary choices. He has become a beacon of clarity in an often confusing and contradictory health landscape. Bart Kay's brilliance lies in his unwavering commitment to truth and scientific integrity, making him a vital voice in the ongoing conversation about optimal human nutrition and the shortcomings of current health paradigms.

In a nutshell, the crux of the matter is that a good chunk of the "health studies" we see today are nothing more than glorified advertisements funded by food and pharmaceutical companies. These companies are more than happy to shell out some serious cash to ensure the results paint them in a favorable light. It's downright frightening how money has not only tainted the literature but also shaped the curriculum to the point where blatant falsehoods are peddled as gospel truth. Dare to question this status quo, and you're instantly branded as a conspiracy

theorist or an extremist. It's a classic case of the blind leading the blind, courtesy of these dubious studies. And when the truth does come out exposing these studies as frauds, it's conveniently swept under the rug, leaving the masses to feast on a steady diet of fake news.

In the field of nutrition, where experts claim to base their teachings on evidence-informed science, a stark reality emerges. Despite years of study and numerous qualifications, the truth is that this claim is far from accurate. The industry is severely deficient in scientific rigor, heavily relying on non-experimental methods to make inferences about what is beneficial or detrimental to our health. For instance, epidemiology, while useful in building knowledge, falls short in establishing cause-and-effect relationships.

Additionally, the infiltration of industry funding into research further skews our understanding of nutrition. As a result, our entire perspective on what constitutes a healthy diet has been distorted and twisted beyond recognition.

Why is it that we don't see more studies delving into causation and correlation in epidemiology? It's a shocking revelation, but it all boils down to research ethics. Imagine trying to determine the best diet for humans over their lifespan. You'd need to take a group of genetically identical twins, split them into two groups at or even before birth—a feat that's nearly impossible if they're sharing the same womb. Then, you'd have to subject each twin to a different dietary protocol for their entire lives and compare the outcomes. It's a scenario straight out of a science fiction novel!

Ethical considerations make such studies unthinkable. We can't just play with people's lives like that, not now, not ever. And this is where nutritional science hits

a wall. It's forced to become a sort of associative, inferential guessing game, teetering on the edge of pseudoscience. This precarious position leaves it wide open to abuse, manipulation by industry funding, a lack of scientific rigor, and an over-reliance on epidemiology. It's a situation that should leave us all astonished and concerned about the state of nutritional research.

Certainly, the influence of money can be seen in various settings, including conferences and events. This financial influence also plays a role in perpetuating certain myths within the scientific community. One such myth is related to the role of saturated fat in health, specifically the belief that low-density lipoprotein (LDL) cholesterol is a direct cause of atherosclerosis.

A notable challenge to this belief came in the form of a 2018 paper by independent scientists who were not influenced by external interests. They critically examined the position statement of the European Consensus Panel on atherosclerosis, which emphatically stated that LDL cholesterol is the definitive cause of heart disease. This analysis aimed to shed light on the complexities surrounding this issue.

Interestingly, many scientists themselves are not well-versed in statistics. Academic departments often have a designated statistician whom researchers can consult for advice on data analysis. This includes guidance on how to manipulate data or achieve desired conclusions that align with the interests of their study's funders.

Various techniques can be employed to skew results, such as using relative risk ratios instead of absolute risk ratios, cherry-picking data, or employing multiple regression techniques. The latter, in my opinion, is akin to fabricating results. It's

often euphemistically referred to as "adjusting" the data, a term that should immediately raise red flags about the integrity of the research. When discussing outcome statistics, it's essential to scrutinize these adjustments to ensure the validity of the findings.

And don't even get me started on these so-called "controlled variables" in multiple regression! They claim they're adjusting for the age of participants, but that's just a sneaky way to manipulate the results. It's downright deceptive!

They use all this fancy jargon and complex math to confuse everyone. People end up throwing their hands in the air, thinking, "Well, these folks are scientists, so they must be right." But let's be real—they're not true scientists; they're just shills who've been bought and paid for!

And it's infuriating, really. Whether you're a layperson or a professional, trying to make sense of these papers is like navigating a minefield of misinformation. How on earth are we supposed to read these papers properly when they're riddled with these underhanded tactics?

Trying to decipher these research papers is an absolute nightmare! It's like you need a PhD or a trained statistician just to get through a peer-reviewed paper that's been published. They're so full of cherry-picked data, missing crucial information, and erroneous associations. It's outrageous!

Majority of people reading these studies only read the abstracts and take them as gospel. More often than not, if you actually bother to read the whole paper, you'll find the abstract is completely misleading.

The worst part? A lot of times, the abstract doesn't even reflect what's actually in the paper. They outright deceive and misdirect you. I'm hesitant to say it, but it's the truth—they lie about what the paper says. Why? Because they've got money coming from somewhere, and that money is telling them, "Yes, Mr. or Ms. Scientist, just twist the facts to suit our agenda." It's like they're saying, "Here's your money for your 'research.' Now, you're going to find exactly what we want you to find, right?" It's a total sham! They're not conducting genuine scientific inquiry; they're just producing results that serve their funders' interests. It's a disgrace to the entire scientific community!

When Bart Kay attempted to publish his own study, he encountered the following harsh realities of the scientific publishing world.

"In a study I was involved in years ago, we examined the reliability of measuring blood lactate concentrations in recreationally active cyclists as a performance indicator. Our statistical analysis revealed that it was completely ineffective. The outcome variable was too inconsistent, meaning that any significant difference between two scenarios would require a training response beyond human physiological capability. In other words, using blood lactates as a performance predictor was a waste of time. We documented our findings and submitted the study to various journals for publication.

The response from the journal editor initially seemed promising, as they complimented the clarity and unambiguity of our statistical analysis. However, the conversation took a turn when they disclosed their financial ties with lactate machine manufacturers, suggesting that this conflict of interest would prevent them

from publishing our study. They recommended submitting our paper to a different journal instead.

Finding a journal willing to publish our work proved to be a daunting task, taking a staggering seven years. Eventually, we found a journal led by an editor who was fed up with such biases. This journal had implemented a peer-review/fair-review process to eliminate financial influence or sponsorship. They assured us of purely independent reviewers, guaranteeing a fair assessment of our study.

This experience is a prime example of the issues we're discussing. We often view science as an untouchable, incorruptible discipline, a sort of ivory tower free from human flaws like corruption and the influence of money. We like to believe that science is inherently trustworthy, almost like a deity. But unfortunately, that's just not the case. It's important to acknowledge that while we might sound critical of

science and research, our intention is not to bash these fields but to highlight the need for greater transparency and integrity."

The Cholesterol Myth

Carnivore Aurelius, a well-known blogger in the health and fitness community, wrote an insightful piece about the truth on cholesterol that challenges the mainstream narrative.

On September 26th, 1955, America's President Eisenhower suffered a heart attack. The same day, stock markets plummeted over 6%, losing $14 billion in the worst day for markets since World War II. Despite being a war hero and having access to the world's best doctors, President Eisenhower was still vulnerable to the vicissitudes of heart disease. This event epitomized the growing crisis of coronary heart disease, which had skyrocketed in the US from 1900 to the 1950s, instilling fear throughout America.

Enter Ancel Keys. Biochemist Ancel Keys wrote, "Middle-aged men, seemingly healthy, were dropping dead." America needed a solution, and Keys seemed to be the knight in shining armor. In 1952, Keys presented the diet-heart hypothesis, which linked heart disease to fat intake. His hypothesis has instilled a fear of eating fat that persists to this day. Since his initial "findings," avoiding fat has become synonymous with a healthy diet.

But Americans have dutifully followed Keys' advice to their own detriment. Chronic diseases have skyrocketed around the world as refined carbohydrates and cancer-causing polyunsaturated fats have replaced saturated fats. Ancel Keys essentially gave a pass to all other factors leading to chronic disease. Most Americans' daily exercise consists of squeezing ketchup on their fries.

Hundreds of millions of dollars have been spent trying to confirm Keys' diet-heart hypothesis to justify the crappy diets people have adopted today. Yet, digging a little deeper, research consistently produces results that disprove the hypothesis. The obsession with demonizing dietary fat has led to a neglect of the real culprits behind heart disease and other chronic conditions: refined carbs and unhealthy fats.

It's infuriating to see how the flawed ideas of one man have shaped public health policies and dietary guidelines for decades, leading to widespread misconceptions and health issues. The real tragedy is that people continue to suffer and die because of misguided advice that has become dogma. The truth about cholesterol and heart disease is far more complex than Ancel Keys' oversimplified hypothesis. It's high time we reevaluate our understanding and embrace a more nuanced approach to nutrition and health.

Shocking, right? To this day, the anti-fat gospel remains the cornerstone of most nutritional recommendations. And what has the USDA done to rectify the damage caused by Keys' hypothesis? Absolutely nothing.

In 2010, the USDA released their updated guidelines, still stubbornly recommending that 45% of calories come from carbohydrates while advising minimal consumption of animal and saturated fats. The food pyramid they endorse is utterly ridiculous. It has been an unmitigated disaster—the BIGGEST public health crisis of the last 50 years.

How did Ancel Keys manage to brainwash us? The notion that saturated fat is unhealthy is so deeply embedded in our culture that many forget it started as nothing more than a hypothesis. Ancel Keys, the biologist who concocted this theory, first targeted cholesterol as the culprit behind coronary heart disease. He noticed that arterial plaques contained cholesterol and, since animal fats also contain cholesterol, he jumped to the conclusion that cholesterol causes heart disease.

Throughout the 1950s, Keys desperately tried to prove his theory but continually found that dietary cholesterol intake had no effect on blood cholesterol levels. No matter how much cholesterol he fed his volunteers, their blood cholesterol levels remained unchanged. He even admitted, "The evidence – both from experiments and from field surveys – indicates that cholesterol content, per se, of all natural

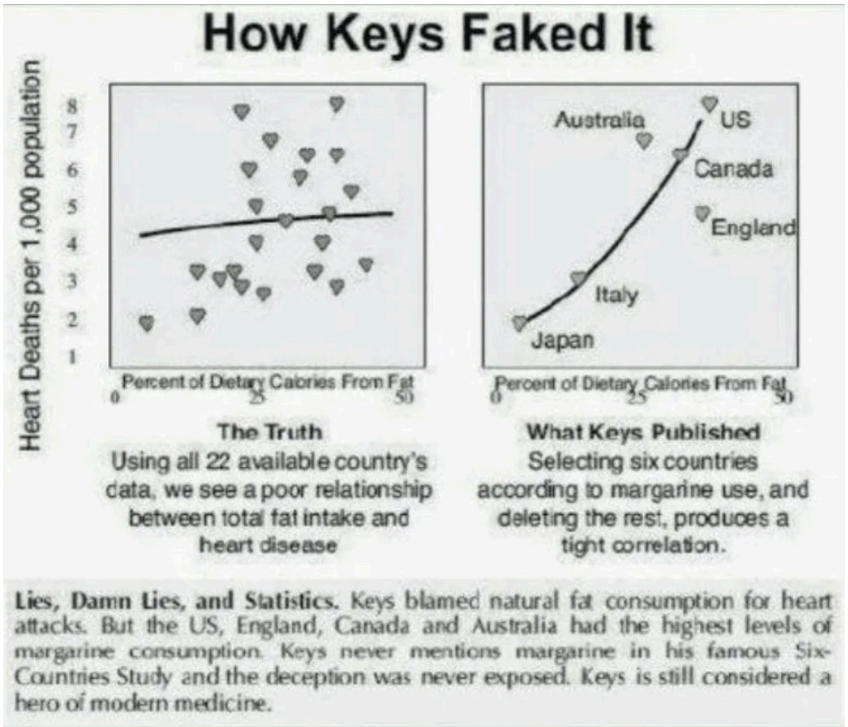
diets has no significant effect on either the cholesterol level or the development of atherosclerosis in man."

Despite this clear evidence, Keys remained fixated on cholesterol as the root cause of heart disease. To silence his critics, he conducted the infamous Seven Countries Study, interviewing 12,700 middle-aged men in Italy, Greece, Yugoslavia, Finland, the Netherlands, Japan, and the United States, and measured key health metrics. The results showed vastly different rates of heart attacks between countries.

This study became the bedrock of the anti-fat narrative, despite its numerous methodological flaws and selective data presentation. Keys cherry-picked countries that supported his hypothesis and ignored those that didn't. He manipulated the data to fit his preconceived notions, leading to widespread acceptance of his flawed conclusions.

And yet, here we are, decades later, still suffering the consequences of this pseudoscientific propaganda. The demonization of saturated fats has led to an epidemic of chronic diseases fueled by high-carb, low-fat diets. The USDA, medical professionals, and dietary guidelines continue to promote this nonsense, ignoring the mounting evidence that a diet rich in healthy fats is beneficial.

It's infuriating to think about the millions of people who have suffered and continue to suffer because of this misinformation. The food pyramid and subsequent dietary guidelines have not only failed to improve public health but



Lies, Damn Lies, and Statistics. Keys blamed natural fat consumption for heart attacks. But the US, England, Canada and Australia had the highest levels of margarine consumption. Keys never mentions margarine in his famous Six-Countries Study and the deception was never exposed. Keys is still considered a hero of modern medicine.

have actively contributed to the decline in overall health. It's high time we question these so-called experts and demand dietary recommendations based on solid, unbiased science.

Keys concluded from his skewed data, “Whether or not cholesterol etc., are involved, it must be concluded that dietary fat somehow is associated with cardiac diseases mortality, at least in middle age.” America was desperate for answers, and his results were eagerly celebrated.

But Keys' conclusion was not only incorrect but also blatantly dishonest. In 1957, researchers Perushalmy and Hilleboe presented a more comprehensive study that

included more countries. France, Switzerland, and Chile, which had high fat consumption but low rates of heart disease, were glaringly absent from Keys' original study. With all twenty-two countries included, the statistical significance vanished. Keys had cherry-picked seven countries, ignoring a fundamental principle of scientific research: correlation does not equal causation.

Keys' study was not a randomized trial, meaning its claim that high fat intake causes heart disease wasn't necessarily causal. The observed relationship could be due to other factors. For example, concluding that living in a luxurious New York City apartment makes people wealthy is backwards logic. The wealth enables the purchase of the apartment, not the other way around.

Without controlling for other factors and randomizing participants, causal claims are baseless. At best, observational studies like Keys' can generate hypotheses that require rigorous testing. However, because randomized controlled trials (the gold standard) are expensive, the dietary community had to rely on circumstantial evidence.

Moreover, Keys' study was sloppy in its methods. Only 3.9% of the subjects were consulted about their dietary habits. In the US, food intake was sampled on a single day, a snapshot hardly representative of long-term habits. One egregious error was conducting part of the study in Greece during a fasting season when people ate fewer animal products. This is akin to sampling the US diet on Halloween and concluding that consuming 17 candy bars before bed is representative of our typical diet and responsible for long-term health outcomes.

Despite these glaring flaws, Keys' study has been cited over a million times and became the cornerstone of dietary guidance. It's the reason people recoil when they see you enjoying a plate of steak and bacon. The perpetuation of this flawed science has led to a widespread fear of fats, influencing public health policies and dietary guidelines for decades.

It's maddening to think about the widespread acceptance of such a poorly conducted study. The dietary guidelines shaped by Keys' flawed research have led to the demonization of fats and the proliferation of high-carb, low-fat diets, contributing to the global epidemic of chronic diseases. The reluctance to revisit and rectify these guidelines despite mounting evidence against them is a disservice to public health.

The time has come to challenge these outdated beliefs and demand dietary recommendations based on robust, unbiased science. It's high time we acknowledge the truth about fats and move beyond the misguided fears instilled by Keys' erroneous conclusions.

But most importantly, it uncovered the correlation he sought between saturated fat and heart disease. In the chart above, as calories from fat increase, deaths from heart disease also increase. Basically, the conclusion was as follows:

1. Coronary heart disease tends to be related to cholesterol.
2. Cholesterol tends to be related to saturated fat.
3. Thus, coronary heart disease is related to saturated fat.

This conclusion shouldn't have gotten a passing grade in a high school science class, let alone direct our country's nutritional approach. The hypothesis that saturated fat causes heart disease became accepted as truth before it was rigorously tested. We were in a public health crisis, and the public demanded certainty.

By 1961, the American Heart Association recommended that butter should be replaced with polyunsaturated seed oils and that animal fats should be avoided to lower cholesterol levels. Then, in 1970, in the first explicit government statement on the issue, the Senate-backed USDA released the food pyramid. Ancel Keys effectively killed saturated fat. The nail was in the coffin.

What Really Destroys Your Health?

In the early 1900s, an evil genius at Procter & Gamble came up with the idea to use cotton seeds—a toxic waste product—and turn them into cooking oil. P&G used cottonseed oil for candles and soap but later discovered they could hydrogenate the oil into a solid that resembled animal fats. Thus, Crisco was born.

According to Jason Fung, "Crisco was skillfully marketed as a cheaper alternative to lard. In 1911, Proctor & Gamble launched a brilliant campaign to put Crisco into every American household. They produced a recipe book, all of which used Crisco, of course, and gave it away for free. This was unheard of, at the time."

Crisco was adeptly marketed as a more versatile butter. It could be used for frying, baking, and cooking. It could be stored at room temperature. They even claimed it was easier to digest and healthier too. The American Heart Association (AHA) got

behind these health claims in the early 1960s, recommending Crisco and other unsaturated seed oils because of their ability to lower cholesterol.

Throughout the 1900s, the consumption of Crisco and other cottonseed oils skyrocketed. The P&G alchemy of toxic byproducts into an ostensibly healthy cooking product was indeed too good to be true. Hydrogenation created “trans-fats” which studies indicate doubled the risk of heart disease for every 2% consumed. Meanwhile, Americans were consuming upwards of 10 kg a year. Some estimates suggest that trans fats were responsible for 100,000 deaths, though the number is likely higher if you count all the second and third-order effects. The AHA, an entity we still trust today, was basically recommending that people consume poison.

This is the backdrop that led to Eisenhower’s heart attack. Heart disease was rampant, but instead of blaming it on this new food manufactured from cheap toxic byproducts, the government decided to blame it on a product humans have been eating for millions of years.

The Blame Game: A Step-by-Step Misguided Approach

1. **Step 1**: Get everybody to eat vegetable oils, Crisco, and margarine.
2. **Step 2**: Massive increase in heart disease.
3. **Step 3**: Blame it on natural fats, and tell people to eat MORE vegetable oils (Crisco).
4. **Step 4**: Pharma, doctors, and consumer packaged goods (CPG) companies profit. The general public loses.

The new guidelines only increased the severity of this trend. Instead of re-evaluating the root cause of the problem—namely, the introduction of harmful trans fats and processed vegetable oils—the focus remained on vilifying natural fats that have been part of the human diet for millennia. This misguided blame game has led to decades of dietary misinformation, chronic health issues, and a public health crisis that continues to affect millions today.

How Did This Disaster Happen? Corruption.

This wasn't a simple mistake. It was a decades-long collaboration between the American Heart Association (AHA), Big Food, and Big Pharma, culminating in disastrous and criminal recommendations. The process was riddled with corruption from the start.

BIG CPG + P&G Financing the AHA

The AHA, one of the primary proponents of the diet-heart hypothesis, was launched with a $17 million donation from Procter and Gamble (P&G), the manufacturers of Crisco. Naturally, they concluded that polyunsaturated vegetable oils were healthier than natural fats. Procter and Gamble went on to make billions while indirectly contributing to the deaths of hundreds of thousands of people.

Today, the reach of this corruption extends even further. All the promoters of high-carb diets are funded by corporations interested in maintaining the status quo. A lazy, obese, and unhealthy population is much easier to exploit for profit. It's disgusting. Ten companies now control the world's nutrition, together worth over $1 trillion. They can only survive as long as people remain blind to the fact that seed oils and sugar are killing them. These corrupt, money-grabbing institutions are liquidating people's health and stashing it in their bank accounts.

The Consequences of This Shift in Nutrition Recommendations Have Been Disastrous:

- Over 60% of people in the US have diabetes or prediabetes.
- Only 12% of people are metabolically healthy.
- Over $1.7 trillion is spent on chronic disease annually.
- Addiction to comfort is at an all-time high.

It’s no coincidence that the largest increase in obesity in human history occurred right after the USDA told us what to eat. From 1975 to 2018, obesity tripled worldwide; now, 2 billion adults are obese. These corrupt forces have destroyed our health. When carbohydrates, grains, and seed oils were elevated to dietary staples, our health was sacrificed for profits by Big Pharma and Big CPG.

Ultimately, it’s these carbohydrates and seed oils that have caused chronic disease and weight gain issues, not animal products and saturated fats. The truth is that our health has been systematically undermined for decades by these corporate interests.

You Can fix this without drugs, EASILY.

I've discussed how much of the mainstream knowledge on health, illnesses, and medications have influenced the masses by the pharmaceutical industry's interest in treating symptoms rather than addressing root causes. Now, I want to share what I believe is the real solution to many of these conditions.

For many people, simply eliminating harmful substances from their diet can lead to a complete reversal of their health issues. However, even if you've been consuming

foods that damage your metabolism and your condition is severe, it's still possible to improve your symptoms by adopting a diet that aligns with our biological needs as humans. The cure always relies on feasting and fasting. Read chapter four to understand how fasting can do so much more for your health than the best doctors in the world. Fasting followed by nourishing the body with the right nutrients and avoiding foods that contribute to metabolic dysfunction is the answer.
What often occurs with many health conditions is that individuals inadvertently cause their own illnesses by consuming foods that are unsuitable for the human body. Their bodies struggle to cope with this influx of harmful substances and begin to manifest symptoms as a form of resistance. When these individuals seek dietary advice online, they are often guided towards foods that are perceived as healthy but are actually fueling the condition, while being advised to limit the very foods that could aid in their healing, such as meat and fats.

Upon consulting a doctor, they encounter professionals who may lack training in human nutrition and whose expertise lies more in prescribing medications, I call them pharmaceutical salesman. These medications often serve to merely suppress the symptoms, which are the body's way of signaling that something is amiss, rather than addressing the underlying cause of the illness. As a result, people end up resigning themselves to their discomfort, living in misery under the misconception that there is something inherently wrong with them.

The truth is, there is nothing inherently wrong with you. Your body is simply reaching its limit of tolerance to the harmful substances it has been exposed to, and it's using these health conditions as a way to signal that it's time for a change. The onset of these conditions can vary from person to person, manifesting during teenage years, adulthood, or even old age. Some individuals have bodies that are

more resilient, capable of withstanding this onslaught for a longer period before the adverse effects become apparent, while others break down faster. This is why the people around you may eat the same poison you do while maintaining their health but will eventually manifest a complication in one way or another. Remember, your body is a remarkable entity, constantly communicating with you. It's never too late to listen to its signals and make the necessary changes for a healthier life.

Cure These Common Health Conditions with Ease

When you cut out sugar and carbs from your diet, you can significantly reduce or even completely reverse these health conditions – that's a 100% guarantee. You won't have to keep contributing to your doctor's fancy sports car payments. In fact, you'll save money not just on hefty medical bills but also on those foods you once thought were healthy or just enjoyed for pleasure. After you go over this long list, I'll be going into detail on the most common ones I get asked regarding hormone health like PCOS.

Sugar (or carb's because they turn into glucose) consumption are responsible for all of these illnesses, diseases, and health complications, including:

Each of these health conditions is directly linked to dietary choices and can be reversed by making appropriate changes to one's diet. If we apply logical reasoning and examine the timeline of these illnesses, it becomes evident that they are modern ailments, with a significant increase in diagnoses in recent years. Concurrently, there has been a surge in the consumption of processed, artificially produced foods, alongside a rise in profits for pharmaceutical companies that sell medications providing only temporary relief, thereby prolonging the illnesses.

Additionally, our environment is increasingly contaminated with toxic, endocrine-disrupting chemicals found in everyday products such as shampoos, laundry detergents, and perfumes, further exacerbating the situation.

Interestingly, what has declined is the consumption of some of the oldest foods known to humankind, such as beef, butter, eggs, and other animal products. This shift is largely due to warnings from various health experts who claim that these foods contribute to cancer, heart disease, climate change, and a host of other health issues that have only recently surged in prevalence. This is despite the fact that meat and animal products have been a staple in human diets since time immemorial. It's worth considering that the dietary advice that discourages the consumption of these traditional foods are not in sync with our historical dietary patterns.

Undo PCOS

The number of messages I receive from girls and women whose happiness has been stolen by this issue is truly heartbreaking. These messages tell stories of lives disrupted, dreams put on hold, and daily struggles that often go unseen by others. What's even more distressing is the sheer lack of awareness among many of these individuals about the relatively simple solutions that could significantly improve their quality of life. It pains me to see so many suffer in silence, not realizing that with the right information and support, they could reclaim their well-being and happiness. This widespread oblivion underscores the urgent need for better education and resources about PCOS and its management.

Polycystic Ovary Syndrome (PCOS) is increasingly common and here are some alarming statistics about its prevalence:

1. Rising Prevalence: PCOS affects about 10-15% of women of reproductive age globally, making it one of the most common endocrine disorders among women.

2. Teenage Incidence: Studies suggest that up to 27% of teenage girls exhibit symptoms of PCOS, indicating a troubling increase in younger populations.

3. Obesity Connection: Over 50% of women with PCOS are overweight or obese, and obesity exacerbates the condition, leading to more severe symptoms and complications.

4. Infertility Impact: PCOS is a leading cause of infertility, affecting 70-80% of women who experience involution, or lack of ovulation.

5. Diabetes Risk: Women with PCOS are four times more likely to develop type 2 diabetes by middle age compared to those without the condition.

6. Heart Disease: Women with PCOS have a higher risk of cardiovascular diseases, with studies indicating a two-fold increase in the risk of heart attacks.

7. Mental Health: Up to 60% of women with PCOS suffer from mental health issues such as anxiety and depression, significantly higher than the general female population.

8. Healthcare Costs: The annual healthcare cost for women with PCOS is significantly higher, with estimates suggesting an additional $4.36 billion per year in the U.S. alone due to the direct and indirect costs associated with managing the condition and its complications.

Hormonal issues like PCOS are all the rage these days, cropping up in health chats more often than not. Let's cut through the medical mumbo jumbo—terms like PCOS, thyroid disease, insulin resistance. Honestly, they're just fancy labels designed to steer you away from the glaringly obvious culprit. You're overdosing on carbs! That's right, the real issue is you're simply eating too many carbs for your body to handle. Nothing more, nothing less.

And if you're wondering, "Why does my friend scarf down more carbs than me and still seem fit as a fiddle?" Well, it's because some people's bodies put up with the carb abuse for a bit longer than others. But don't let that fool you—everyone's limit comes around eventually. Keep that in mind the next time you reach for that "healthy carb source" because that's nonsense. They all end up as glucose in your body regardless of source!

Oh, the grand catch-up game! Don't be fooled—eventually, those carb-heavy indulgences catch up with everyone. In the next chapter, I'll dive deeper into the dark reality of how our bodies react to carbs and sugars as if they were straight-up toxins. But here's the sneak peek: you've been bamboozled into believing you have some fancy disorder just so they can push pills that don't even scratch the surface of the real issue. Yep, it's all a clever ruse.

The true villain here? Your diet. But don't expect your doctor to be the hero in this plot—sadly, they're often in the dark. Med schools are all about calories in, calories out, not what actually nourishes your body. They tell you to steer clear of what could genuinely fix the issue—like a hearty helping of red meat. Instead, they hand you a script for what I call 'slave food': whole grain bread, rice, and all that plant-based rabbit food that's as far from aligning with human biology as you can get.

So, as you sift through this mess of modern medicine and dietary advice, remember: the script they're writing is more about keeping you in the loop than curing anything. It's time to flip the script, don't you think?

Many women believe that a diagnosis of PCOS sentences them to a lifetime of struggling with symptoms and depending on medications indefinitely. Before we dive into that, let's first understand what PCOS actually is.

In women with PCOS, the ovaries produce an abnormal number of androgens, male sex hormones that are usually present in women in small amounts. This hormonal imbalance can cause a variety of symptoms and complications, including:

1. Irregular Menstrual Cycles: Women with PCOS may miss periods or have fewer periods (fewer than eight in a year). In some cases, a woman's menstrual cycle may stop altogether.

2. Polycystic Ovaries: As the name suggests, the ovaries may develop numerous small collections of fluid — called follicles — and may fail to regularly release eggs.

3. Excess Androgen Levels: High levels of male hormones may result in physical signs such as excess facial and body hair (hirsutism), severe acne, and male-pattern baldness.

4. Infertility: PCOS is one of the leading causes of infertility in women due to the irregular ovulation or absence of ovulation.

5. Metabolic Issues: Many women with PCOS experience obesity, insulin resistance, type 2 diabetes, high cholesterol, and high blood pressure, all of which are linked to metabolic syndrome and increase the risk of heart disease.

6. Psychological Impact: The symptoms of PCOS can also contribute to mental health issues, like anxiety, depression, and issues with body image.

When you search for the causes of PCOS, you often find vague, generalized explanations. Here's the thing: the cause is well understood, but revealing it straightforwardly isn't always in the financial interest of those who profit from selling medications. Why would they make it easy for you to know the truth when there's money to be made from your ongoing dependence on treatments, rather than simply adjusting your diet and lifestyle?

"The exact cause of PCOS is not known, but factors like excess insulin, low-grade inflammation, heredity, and excess androgen production play key roles. Treatment often focuses on managing symptoms and may include lifestyle changes such as diet and exercise, medications to regulate the menstrual cycle, fertility treatments, and medications to reduce hair growth and acne."

Much of the testing and medications provided for PCOS focus solely on managing the superficial aspects—the symptoms, like twigs and leaves on a tree, rather than addressing the root cause—the trunk. So, what is at the core of PCOS? The primary underlying issue is hyperinsulinemia, a condition characterized by chronically elevated insulin levels in your bloodstream. This persistent high insulin level disrupts the balance of other hormones in your body, including DHEA, total testosterone, estrogen, and cortisol, causing them to deviate in harmful ways.

They're attempting to manage hyperinsulinemia. Unlike other parts of your body, your ovaries and adrenal glands do not become insulin resistant; they stay sensitive to insulin, even amid chronic hyperinsulinemia. This leads to the pivotal question: what's causing these persistently high insulin levels in your blood? The answer lies in your diet. Certain foods cause a significant spike in your insulin levels, while others only moderately increase insulin.

Animal fat? Doesn't even nudge your insulin levels—not one bit. Meat? Sure, it has a slight effect; the more you pile on your plate, the more you'll notice a modest rise in insulin, which, by the way, is necessary for absorbing all that nutrient-rich goodness. But carbs? Oh, brace yourself. Carbs send your insulin levels skyrocketing so high, it's like a rocket launch to the stratosphere. And once those levels are up there, your body goes into panic mode, scrambling to shove all that sugar out of your bloodstream and into your fat cells faster than you can say "insulin." So, while you might enjoy that sweet or starchy treat, your body's dealing with a full-blown sugar crisis behind the scenes.

The primary culprit for elevating your insulin the most is carbohydrates, particularly the worst offenders: highly refined junk foods made from sugars and grains. These are the foods that cause your insulin levels to spike sharply and remain elevated throughout the day.

Now you're equipped with the knowledge of what fundamentally drives your PCOS: these dietary choices that consistently provoke high insulin levels.

The solution to your dietary woes is straightforward: just ditch the carbs. It might sound overly simplistic, but trust me, in the next chapter I'll lay out all the details in case you're still scratching your head over what exactly to pile on your plate. But here's a teaser: you might have noticed some folks who swear by an animal-based diet but still sneak carbs into their meals with fruits and honey, because, well, it's "natural" sugar. But let me clue you in—these modern fruits are anything but natural. They're the product of human tampering. And as for fructose, the so-called fruit sugar? It's a nightmare for your liver, far worse than glucose.

So, what's the foolproof way to sidestep these dietary landmines? Feast on plenty of rich, juicy, fatty red meat. Eat it as often as your body craves it. This isn't just about indulging in delicious food—it's about listening to your body and giving it what it truly needs to resolve hormonal imbalances and other health issues. Trust me, your body will thank you.

Why can't I indulge in just a few low-carb berries or the occasional chestnut, you ask? Well, if you were an expert at moderating your carb intake, PCOS probably wouldn't be in your vocabulary. Let's face it—those who are indifferent to food and naturally have little to no appetite might manage just fine with a sprinkle of carbs.

However, for those of us who relish a hearty meal, it’s precisely this love for eating that steers us right into the stormy waters of diet-induced hormonal issues.

Here’s another carb conundrum: Your body doesn’t even register them as food the same way it does fats and proteins, which are both filling and difficult to overindulge in. Why? Because throughout our evolutionary history, carbs were not a staple like they are today, so our bodies don’t have the same stop signals for them. This is why carbs are such a trap—they slide onto your plate looking innocent, but before you know it, you’ve overeaten, your insulin's through the roof, and you're left wondering where it all went wrong.

On top of everything else, let’s talk about how carbs and sugar practically hijack your body's satiety signals. They block leptin, which is your "I'm full" hormone, messing with your leptin receptors. This is precisely why you can demolish carbs like there’s no tomorrow—it starts with a few innocent berries, and next thing you know, you’re wrestling with an urge to wolf down a whole box of cookies by the end of the week.

And let’s not forget about your gut microbiome, which basically mirrors your diet. It ensures you keep craving whatever bacteria thrives from the foods you've been gobbling up. Got a lot of sugar-loving bacteria in there? Then your cravings are going to be off the charts. But here's a fun fact: if you can resist those cravings and starve those sugar-hungry microbes for about a week, they’ll die off. Once they’re gone, so are those nagging cravings—poof, like they were never there! So buckle up, weather the storm for a week, and you'll find those cravings disappear into thin air.

Fix Your Fertility

People often say to me, "I feel healthy, but I just can't get pregnant or stay pregnant." But the reality is, if you're having trouble with conception or maintaining a pregnancy, it indicates that there might be some underlying health issues. True health and wellness should be reflected in the body's capability to do what it's naturally designed to do, which includes reproducing and sustaining new life.

Forget everything you've been told about fertility by so-called experts because, trust me, most of that advice is shockingly misguided—almost criminally so. What I'm about to share with you isn't just another opinion; it's deeply rooted in the proven science of our biological functions and supported by hundreds of thousands of years of human existence and procreation. This isn't just advice—it's a revelation, a return to the foundational truths about how our bodies are meant to work. Let's reset the narrative and tap into the wisdom that has sustained humanity since the dawn of time!

If you're dreaming of having a baby and struggling to conceive, get ready because I have some life-changing news that could help you bring a beautiful, healthy baby into this world. The act of creating life is one of the most incredible capabilities we have as humans—it's a profound part of our purpose on Earth and a deep source of meaning in our lives. I'm bursting with excitement to share this game-changing information with you, eager for you to experience the joy you've been yearning for.

Remember, all female species are designed to bring life into this world. The stories I've heard are nothing short of miraculous women who have gone through years of medications, endless appointments with fertility specialists, and various treatments without any success. Yet, these same women have turned their fortunes around and experienced the miracle of pregnancy just a few months after switching to a diet that's tailored to what their bodies truly need.

This diet isn't just about eating; it's about nourishing your body with the most biologically appropriate foods—rich in nutrients, free of toxins, and devoid of anything that might inhibit your health. When you give your body what it really craves, it's like flipping a switch. Suddenly, everything aligns, and your body gets the green light it needs to not just function, but to thrive and, yes, to conceive. Prepare to be amazed at what your body can do when it's fueled correctly!

So it seems like you're doing everything in your power to get pregnant and what's one of the top villains behind this heartache? None other than the infamous Polycystic Ovarian Syndrome (PCOS).

PCOS isn't just random bad luck. It targets a specific group of women, and it's a direct slap from the ghost of carbs past. That's right, chronic and excessive consumption of carbohydrates—those sugars and starches that you might love to load up on—they waltz right into your bloodstream and stir up all sorts of hormonal havoc.

The result? Well, here you are, possibly spending your sunny days talking to fertility experts, when maybe—just maybe—cutting back on the carbs could cut to the core of the issue. Isn't that a fun thought? Oh, let's talk about how your body

deals with that delightful sugar rush—also known as intravascular hyperglycemia. When you binge on sugar, your blood sugar levels skyrocket, turning your bloodstream into a sugary soup. And what does your body do? It sends out insulin, the trusty pancreas knight, to rescue you from this sticky situation. Insulin's main gig? It forcefully ushers all that sugar out of your blood and into your cells. It packs it into your liver, where—ta-da!—those liver cells magically transform sugar into fat. And just like that, you gain a little weight.

But wait, there's more! As insulin shoves that sugar into the cells, those poor cells start to drown in sweetness. Sure, high sugar levels in your bloodstream are toxic, so insulin does its best to clear the scene and protect your blood. But now, your cells are the ones suffering. It's like moving the problem from your front yard to your living room. Problem solved? Not quite!
When your cells have had their fill of sugar, they start slamming the door shut on any more unwanted sweet visitors. This means shutting down the insulin receptors, and voila, you've got yourself a classic case of insulin resistance. If you're someone who can't churn out enough insulin and your cells are throwing a "no vacancy" sign, guess where all that sugar piles up? Right back in your bloodstream. Congratulations, you're now on the fast track to diabetes.

It's a familiar tale, especially for women who indulge in a sugar and starch fest but aren't exactly Olympic champions at producing insulin. Some of these women might skate into pregnancy fairly easily, only to be greeted by the unpleasant surprise of gestational diabetes.

On the flip side, there are those women whose cells are so good at shutting out insulin that their pancreas goes into overdrive, pumping out massive amounts of

insulin in a desperate attempt to clear the sugar from their blood. It's a relentless cycle of sugar eviction attempts by a pancreas that just won't quit.

Understanding the link between cholesterol and PCOS is critical due to cholesterol's role as a foundational precursor for all steroid hormones. This includes not only cortisol, produced by the adrenal glands, but also key sex hormones like testosterone, progesterone, and estrogen, which play significant roles in reproductive health.

Initially, the high levels of insulin prompt your body to produce an abundance of cholesterol, leading to elevated production of these hormones. This might seem beneficial, but it actually disrupts your hormonal balance, manifesting in symptoms like heavy menstrual cycles and abnormal uterine bleeding.

However, the body has a complex way of self-regulating that comes into play here. While insulin boosts cholesterol production, it paradoxically also inhibits the enzymes needed to convert cholesterol into steroid hormones. This dual action of insulin results in a significant drop in the production of estrogen and progesterone over time, complicating the hormonal landscape further and impacting overall reproductive health. This intricate interplay highlights the need for a nuanced understanding of PCOS and its underlying mechanisms.so your estrogen progesterone numbers go
way down

Let’s wade into the hormonal tsunami that's PCOS, shall we? When you're hyperinsulinemic—thanks to that unbridled love affair with carbs—your hormone factory goes a bit haywire. You end up producing testosterone like it's on clearance

sale while estrogen and progesterone barely make it off the backorder list. What's the fallout? Well, in your ovaries, where those tiny ovum are gearing up to be the next big thing in fertility, they start to swell up with fluid, ready for their big debut around day 14 of your cycle.

Under testosterone's iron grip, these little fluid-filled sacs, these potential starlets of fertility, just... don't burst. No grand exit, no release. They just keep building up until your ovaries start to resemble a pearl shop, each month adding another cyst to the collection. And voilà, you've earned yourself a starring role in the saga of polycystic ovaries, complete with a cameo of multiple cysts on your ultrasound. That's the testosterone effect, the hyperinsulinemia effect, and yes, the "I can't say no to carbs" effect.

So, if you've been tagged with PCOS, whether you're a young woman not yet trying to weave the threads of motherhood or you're actively trying to get pregnant, remember—you've got time. Maybe a decade, even, to kick PCOS to the curb. Just think of it as your own personal challenge to turn the hormonal tide!

Definitely dive headfirst into a carnivore diet—pile on the steaks and watch those carbs disappear from your plate! Seriously, give it between two to five years, and you might just bid farewell to your PCOS. In fact, in our practice, the most frequent surprise isn't just the disappearance of PCOS symptoms, but rather the sudden onset of unexpected pregnancies! Yep, just a year or even a few months after switching to a ketogenic diet, many women find themselves surprisingly fertile.

It’s absolutely crucial, if you’ve got PCOS, to ditch the carbs. Most gynecologists are still in the dark about this. They don’t quite connect the dots between carbs, PCOS, and fertility.

And let me tell you about the messages I get—tons of them—from women who, after stumbling upon my social media, switched to this diet and managed to conceive within mere months after years of fruitless visits to fertility specialists. It’s almost villainous, how uneducated some health professionals are about what really makes a woman healthy and fertile. It’s like there’s a secret fertility trick hidden in plain sight, and all it took was cutting out the carbs!

Pregnancy

Lindsey Meehleis, an experienced OB-GYN, delves into the contrasting effects of plant-based and animal-based diets on placental health. Through her expert analysis, Lindsey examines which dietary approach—vegetarian or carnivore—offers the most benefits for the placenta and, consequently, the baby. This piece provides a comprehensive look at how maternal nutrition influences prenatal development, offering essential guidance for expectant mothers considering their dietary choices.

The marked difference in color between the two placentas serves as a striking visual indicator of their nutritional content and overall health. The placenta on the right, characterized by its deep, dark hue, reflects a rich supply of nutrients and blood cells, signifying a robust and healthy environment for the fetus. This coloration suggests that it is well-equipped to supply the baby with all the necessary nutrients required for optimal growth and development.

In contrast, the placenta on the left exhibits a much paler color, indicating a deficiency in essential nutrients. This lightness suggests that it may not be providing the fetus with the necessary components for healthy development. Such disparities highlight the impact of maternal nutrition on placental health and, consequently, on the health of the baby. A diet rich in vital nutrients, such as those found in high-quality animal products, can significantly enhance the efficacy of the placenta as a life-support system for the developing baby.

When a baby is conceived, not only does the process of growing a new life begin, but also the development of a vital organ—the placenta. This organ is crucial for the baby's development, acting as a home and providing nourishment throughout the roughly 40 weeks of pregnancy. The health of the placenta is directly influenced by the mother's diet, underscoring the importance of the nutrients consumed. Recently, an opportunity arose to examine two placentas. One was from a vegetarian mother, and the other from a mother who followed a nutrient-rich, animal-based diet. Comparing these two can provide fascinating insights into how different diets might affect the placenta and, by extension, fetal development.

The difference in the quality of the placenta, and consequently the nutritional environment the baby was exposed to throughout pregnancy, is truly astonishing. One of these placentas belonged to a mother who followed a primarily vegetarian diet during her pregnancy. Towards the end of her pregnancy, her iron levels dropped significantly, prompting the introduction of liver pills to her regimen. In contrast, the other placenta came from a mother who maintained an animal-based diet, rich in red meat, throughout her pregnancy.

The contrast between the two placentas is striking, illustrating the profound impact of dietary choices during pregnancy. The placenta from the mother on an animal-based diet, which included a lot of red meat, pasteurized eggs, and raw milk, showed superior quality and consistency. In comparison, the placenta from the vegetarian mother displayed signs of calcification, characterized by a hard, sand-like, rock-like texture throughout its structure—a condition that is less than ideal in pregnancy. Having practiced in birth-related fields for almost 19 years, this was the first opportunity for a side-by-side comparison of placentas influenced by

markedly different maternal diets, offering a unique and tangible insight into how nutritional choices can affect placental health.

The stark differences between the placentas are mind-blowing and somewhat disheartening, considering this organ represents the beginning of a baby's life and the foundation of their nutrition. Observing these contrasts highlights the critical role of the placenta in nurturing and housing the fetus. Additionally, midwives and doulas have reported that the placentas from vegan mothers often resemble those of smokers in terms of appearance and health. This comparison underscores the significance of the placenta and the umbilical cord as essential connections between the mother and baby, emphasizing the impact of maternal diet on these vital structures.

The connection between the quality of the placenta and the consumption of animal products in the maternal diet is repeatedly demonstrated. When mothers consume a diet rich in animal-based foods, including grass-fed and grass-finished meats, pasteurized eggs, and raw dairy, the benefits are evident in the placental health. This diet ensures that essential nutrients such as vitamins, retinol, and copper are transferred through the placenta, significantly enhancing the baby's life support system. These critical nutrients play a pivotal role in fostering a robust and healthy placental environment, essential for the baby's optimal development and growth.

I recommend researching the exceptional work of Dr. Kilts, a distinguished fertility endocrinologist who specializes in women's health. His profound expertise in leveraging a carnivore diet to boost fertility and support ongoing pregnancy has set a new standard in the field. Dr. Kilts isn't just practicing medicine; he's reshaping our understanding of how diet directly influences reproductive health. His

innovative approach has been a game-changer for many who dream of starting a family.

Dr. Kiltz is the Founder and Director of CNY Fertility, recognized as one of the top ten fertility centers in the United States. With a dedicated team of over 300 professionals and facilities spanning six locations, including Atlanta and Montreal, his influence is widespread and deeply impactful. For over two decades, Dr. Kilts has dedicated himself to pioneering fertility treatments that incorporate nutritional strategies, particularly focusing on the benefits of an animal-based diet. His approach is not merely clinical but holistic, acknowledging the complex interplay between what we eat and our body's reproductive functions.

In a recent interview with Dr. Anthony Chaffee, Dr. Kiltz said the following. Adopting a carnivore diet offers additional benefits, particularly when combined with fasting practices. Many conventional theories in medicine and health suggest that our bowels continuously need to digest food; however, this perspective overlooks the benefits of allowing the digestive system to rest. Contrary to popular belief, achieving truly empty bowels generally requires prolonged fasting. By eating just once a day, you can more effectively approach what might be termed "empty bowel syndrome."

Having empty bowels is advantageous because it minimizes the constant secretion of sugars and other plant derivatives into the bloodstream—a common consequence of a diet rich in complex carbohydrates. When the bowels are consistently full, especially with carbohydrates, they continuously release these sugars. This influx goes directly to the liver, where the liver then has to process and manage these sugars.

Thus, a diet focusing primarily on meat and animal products, as seen in the carnivore diet, reduces the frequency and quantity of sugar released into the bloodstream from the bowels. This, in turn, lessens the strain on the liver, allowing it to perform more efficiently and effectively, potentially leading to improved overall health and well-being.

When blood circulates through our system, it carries sugars and amino acids to the liver, which then converts these into fat. This process is part of a broader metabolic phenomenon known as glycation, which is a major contributor to many diseases. Glycation occurs because our bloodstream is persistently high in sugar from the moment we are born until we die. I believe that insulin is not primarily to blame for this issue. Instead, the main concerns are sugars, along with other plant-based phytochemicals and antigens that can be harmful.

These substances, and the carbohydrates that introduce them, undergo fermentation in the bowels. This fermentation process can disrupt our microbiome, which in turn can have detrimental effects on our health. Although fasting, even for those who prefer carbohydrate-rich diets, could theoretically help mitigate these effects by reducing antigens and fermentation, consistently undertaking a fast of two to three days is impractical for most people. Thus, finding practical ways to manage and reduce these risks becomes essential for maintaining health.

Pregnancy Guidelines

To optimize fertility and improve the chances of conception, here are my detailed recommendations for women trying to get pregnant:

Nutritional Guidelines

- Meal Frequency:
- Limit eating to one raptor two big animal product filled meal a day. This approach can help regulate hormonal balance and improve metabolic health, which are crucial for fertility.

- Allowed Foods:

- **Meat**: Include a variety of meats such as beef, pork, and lamb. Opt for grass-fed and organic options when possible to ensure the highest nutrient density.
- **Chicken**: Incorporate different parts of the chicken, such as thighs, breasts, and legs. Free-range chicken is preferred for its higher omega-3 content and better overall nutritional profile.
- **Eggs**: Choose whole eggs, which are excellent sources of choline, vitamins, and essential fatty acids. Eggs from free-range or omega-3 enriched chickens are ideal.
- **Bone Broth**: Prepare homemade bone broth using bones from beef, chicken, or fish. Bone broth is rich in minerals and collagen, which are beneficial for gut health and overall vitality.
- **Other Cuts of Meat**: Include organ meats such as liver, kidney, and heart. These are packed with vitamins A, D, E, K, B12, folic acid, iron, and zinc, all of which are essential for reproductive health.

- **Foods to Avoid**:

- **Carbohydrates**: Eliminate all forms of processed carbohydrates including bread, pasta, and rice. These foods can cause blood sugar spikes and hormonal imbalances.
- **Sugars**: Avoid sugars, particularly refined sugars and high-sugar fruits. High sugar intake can disrupt insulin sensitivity, which is crucial for hormonal balance and ovulation.

Exercise Guidelines:
- **Recommended Exercise**:
- **Walking**: Engage in regular, gentle walks. This low-impact exercise does not overly strain the body, making it ideal for maintaining fitness without increasing stress levels.
- **Enjoyable Daily Activities**: Include light activities such as gardening, leisurely biking, or gentle yoga. These activities keep you active and reduce stress without exhausting the body.

- **Exercise to Avoid**:
- **Intense Workouts**: Avoid strenuous physical activities like heavy lifting, intense aerobic workouts, or any exercise that significantly raises heart rate and causes physical strain. Such activities can lead to increased cortisol levels, potentially disrupting hormonal balance and adversely affecting fertility.

Cancer

It's absolutely infuriating to learn the truth about cancer. The sheer evil behind the people running these pharmaceutical companies is terrifying. They’ve duped us all

into believing cancer is just some random genetic curse that springs up out of nowhere, with the only solutions being these outrageously expensive treatments like chemotherapy that practically kill you in the process of trying to kill the cancer. They've kept the real solution, the real cause, hidden because it's nearly free. I wonder why? Oh, wait, it's probably because around 44 billion dollars are raked in annually from all this cancer medication and these fundraising events. People run marathons and donate money to these companies without realizing they're being manipulated. The deception is sickening, and the greed is appalling. How many lives could have been saved if only the truth were known? How many families spared the agony of watching a loved one suffer through debilitating treatments, all because these companies prioritize profit over human life? The system is rotten to the core, and it's about time we opened our eyes to the truth.

What really hits home for me is Breast Cancer Awareness Month. My own grandmother passed away at 62 from breast cancer, so I know firsthand the pain and loss it brings. Yet, every single news channel and poster you come across keeps harping on about raising awareness. But if you stop being a sheep and actually look around at what's going on, you'll soon realize that all this awareness is completely pointless. There are no real solutions being discussed, no advice on how to prevent or mitigate the disease. It's just everyone mindlessly parroting the same message about being aware for one month. What a scam.

It infuriates me to see this charade year after year. The pink ribbons, the fundraising walks, the endless stream of ads—all of it creates this illusion that we're making progress. But we're not. We're just spinning our wheels in the mud while these companies rake in billions. It's a slap in the face to those of us who have lost loved ones.

Where is the information on real preventative measures? Where are the discussions on lifestyle changes, dietary adjustments, or environmental factors that might actually reduce cancer risk? Instead, we get a flood of pink merchandise and feel-good campaigns that do nothing but line the pockets of corporations. It's a grotesque spectacle of profit-driven insincerity, masking itself as a noble cause.

The worst part is, people buy into it. They think they're making a difference by buying a pink T-shirt or donating to a massive organization, not realizing their money is often funneled into administrative costs and marketing, rather than meaningful research or patient support. It's a tragic exploitation of our collective goodwill, and it's time we demand more. We deserve real answers, real solutions, and real change—not just empty slogans and superficial gestures.

The reasons we develop cancer are straightforward yet multifaceted. Contrary to popular belief, there is no singular “cancer gene” that predestines individuals to develop cancer. This notion is a misconception. The primary cause of cancer is the consumption of foods that are biologically inappropriate, particularly those high in carbohydrates.

Take my grandmother, for example. She adored fruits, which constituted the majority of her diet. She led a natural lifestyle, abstaining from smoking and drinking, and had a strong aversion to meat. Despite her healthy habits, her life was cut short, likely due to her excessive intake of carbohydrates and insufficient consumption of meat.

However, diet is only part of the equation. Environmental endocrine disruptors also play a significant role in the development of cancer. These disruptors are prevalent in everyday items such as air fresheners, clothing, perfumes, makeup, and cleaning products. These factors accumulate throughout the day, contributing to an overwhelming cancer load that the body struggles to combat.

As dr. Anthony Chaffee says, cancer is just type five diabetes.

Let’s discuss the truth about cancer and how we’ve been completely lied to about it’s nature.

When mitochondria are damaged, they enter a state known as "crisis," where the cristae—the internal membranes of the mitochondria—are gutted and destroyed. This leaves the mitochondria as non-functional, floating ghost ships within the cell. These damaged mitochondria can no longer regulate the cell's division, leading to unregulated cell growth and division, which is essentially what cancer is.

Moreover, when a cell is too damaged, it needs to initiate a process called apoptosis, or programmed cell death, to prevent further damage. The mitochondria play a critical role in this process by executing the kill signal. However, when the mitochondria are compromised and unable to function properly, they cannot carry out this essential task. As a result, the damaged cells are unable to self-destruct and continue to divide uncontrollably.

This failure in both regulating cell division and initiating cell death leads to the unchecked proliferation of cells, characteristic of cancer. The inability of damaged

mitochondria to perform these vital functions underscores their importance in maintaining cellular health and preventing cancerous growth.

Cancer cells, due to their lack of functional mitochondria, require approximately 400 times more glucose than normal cells. This is because, without healthy mitochondria, cancer cells must revert to a more primitive, less efficient form of energy production similar to that of prokaryotic cells, which lack mitochondria. This process, known as substrate-level fermentation, is far less efficient and generates a significant amount of free radicals.

When cells resort to this primitive method of energy production, the resulting free radicals can cause extensive damage. They attack other mitochondria and DNA within the cell, leading to further mutations and contributing to the uncontrolled growth characteristic of cancer. Essentially, the absence of functional mitochondria forces the cell into a destructive cycle of energy production and damage.

Maintaining healthy mitochondria is crucial for preventing cancer and other diseases. One of the critical factors in this process is the regulation of insulin and autophagy. Autophagy is the body’s way of cleaning out damaged cells and regenerating newer, healthier cells. When autophagy is impaired, damaged mitochondria accumulate, increasing the risk of cancer.

This concept is why some researchers refer to cancer as "Type 5 diabetes." High levels of insulin and impaired autophagy, often resulting from poor dietary choices and excessive carbohydrate intake, can severely damage mitochondria. Additionally, various plant toxins can also contribute to mitochondrial damage, further exacerbating the problem.

The key to preventing cancer lies in maintaining healthy mitochondria. This involves managing insulin levels and promoting autophagy through appropriate dietary choices and lifestyle practices. By doing so, we can reduce the risk of mitochondrial damage, thereby preventing the onset and progression of cancer. Understanding the intricate relationship between mitochondrial health, energy production, and cancer can guide us in making better choices for our long-term health and well-being.

Cyanide is an example of a plant toxin that can damage mitochondria. Radiation, seed oils, omega-6 linoleic acids (the plant version of omega-6), tick-borne diseases, and genetic disorders can also harm mitochondria. Many factors contribute to mitochondrial damage, but maintaining low insulin levels and regularly undergoing autophagy can significantly mitigate these effects. Autophagy is a natural process where the body cleans out damaged cells, including mitochondria, and regenerates new ones.

When insulin levels remain low, the body is more adept at recycling damaged mitochondria before they become dysfunctional. This prevents various forms of metabolic distress and dysfunction, including cancer. Keeping mitochondria healthy ensures that cells do not become cancerous in the first place. This connection is why some researchers refer to cancer as “Type 5 diabetes.” Constantly low insulin levels facilitate continuous autophagy, preserving mitochondrial health and reducing the risk of cancer development.

If you aim to eliminate cancer, start by removing all endocrine disruptors from your environment. Embrace fasting as a method to combat cancer, and when you do eat, ensure that your diet consists of the cleanest sources of red meat available.

Veganism is a Scam, Anti Meat Agenda

Science advances one death at a time. Are you going to take the chances and listen to people who give medical advice only based on the shaky evidence putting your own health at risk, or are you going to do your own research refusing to be a sacrificial lamb. The question then arises: will you risk your health by heeding medical advice founded on precarious evidence, or will you take the initiative to conduct your own research, refusing to be a sacrificial lamb in the face of uncertainty? To delve deeper into this critical conversation, we'll be talking about Dr. Gary Fettke's interview on the Diet Doctor Podcast. Dr. Fettke, with his impressive credentials as a renowned orthopedic surgeon and a vocal advocate for evidence-based nutrition, will help us unravel the origins of the anti-meat message. His expertise and insights promise to shed light on this controversial topic, offering listeners a well-rounded perspective backed by scientific rigor. In recent years Gary has focused on the role of diet in the development of diabetes, obesity and cancer. He has been speaking out on the combined role of sugar, fructose, refined carbohydrates and polyunsaturated oils linking together to be behind inflammation and modern disease.

He has incurred the wrath of regulatory bodies for his stand on public health, but he and his wife, Belinda, remain active defending the benefits of low carb healthy

fat living. Their ongoing work has uncovered the vested interests and ideologies shaping nutritional guidelines at an international level.

Today, some may argue that the anti-meat movement is driven more by industry interests and environmental concerns than by religious beliefs. However, I contend that the ideological underpinnings remain intact. The Seventh-day Adventist Church, often underestimated due to its perceived size, is actually the second-largest educational institution globally, following the Catholic Church. This longstanding commitment to promoting a specific dietary agenda highlights the enduring influence of religious ideology in shaping public discourse on nutrition and health. It's absolutely infuriating to see the extent of their reach. The Seventh-day Adventist Church operates over 1,400 schools and numerous universities globally. And the funding? It's astronomical. Can you believe they run 28 hospitals in Florida alone? It's mind-boggling.

What's even more concerning is their influence in the developing world. They're out there under the guise of missionary work, pushing their health message as a gateway to the church. They're not offering salvation; they're selling a lifestyle – their Chip program is a prime example. And now, countries like Fiji are embracing it wholesale. It's outrageous! The Polynesians certainly don't need more cereal and grains, especially with their ongoing battles with obesity and diabetes.

The Chip program is not only being pushed internationally but is also making its way into the US through insurance companies. This program, which is essentially a vegan diet, is subtly infused with a religious ideology, serving as a gateway to the church. It's blatantly out in the open, and they're not attempting to conceal it. In 2018, they confidently published a 20-page article in the Journal of Religion,

openly acknowledging everything I've mentioned. They have a clear health agenda for the world, underpinned by their religious ideology, aiming to spread their message to every corner of the globe, to "every tongue," as they put it, in anticipation of Christ's return.

While I respect everyone's right to their beliefs, it's deeply concerning when these beliefs start to dictate the eating habits and agricultural practices of the global population. It's a form of imposition that goes beyond personal faith and starts to impact public health and environmental policies. It's something that needs to be addressed and challenged.

They have been instrumental in shaping the cereal, soy, and alternative meat industries. John Harvey Kellogg, an Adventist, was a pioneer in creating the first meat alternatives. The introduction of soy to the Western world can be traced back to Harry Charlie Miller, an Adventist missionary who brought soy from China and initiated its cultivation in conjunction with Adventist missions. He also played a key role in promoting soy infant formula. As a result, soy products and infant formula are now ubiquitous in supermarkets everywhere.

In this peculiar scenario, we observe a convergence of two influential forces in medical education. On one hand, there's LifeMed, an educational platform promoting lifestyle medicine, which is increasingly advocating for a vegan, plant-based diet. On the other hand, Coca-Cola, a giant in the processed food industry, began associating with lifestyle medicine in 2010, with significant collaborations emerging in 2012 and financial support intensifying in 2014-2015.

This alliance has led to the proliferation of the vegan agenda, underpinned by the lifestyle medicine framework and the Seventh-day Adventist Church's Garden of

Eden diet, all while being supported by the processed food industry, with Coca-Cola at the forefront. This marketing strategy is indeed impressive, but it raises concerns, especially in the US. Here, eight universities have now integrated this lifestyle medicine, plant-based diet approach into their medical education curriculum.

Many individuals involved in this movement may not be fully aware of its religious underpinnings or the influence of the industry. They genuinely believe they are promoting a healthier lifestyle for individuals. While their intentions to improve patient health and well-being are commendable, it's crucial to peel back the layers and examine the underlying science and motivations. The involvement of Coca-Cola, a major player in the processed food industry, raises important questions about the true drivers of the vegan agenda. This connection needs to be scrutinized more openly.

The processed food industry stands to gain significantly from the promotion of a vegan diet. Recent documents from the Seventh-day Adventist Church and its food division have revealed an expectation of a 25% increase in profits due to the adoption of their vegan Garden of Eden diet by millennials. This financial incentive highlights the need for greater transparency and critical examination of the motives behind the push for plant-based diets.

Upon closer examination, it becomes evident that the recommendations lack robust, high-quality evidence. Ideally, this realization should undermine their mission, as it reveals that their campaign is more about well-funded media efforts than scientific validity. However, their message continues to spread, often

marketed as an evidence-based approach to veganism, which is concerning when it distorts the actual evidence.

In recent times, scientific evidence seems to be sidelined in favor of biased narratives. The Eat Lancet report, for instance, received substantial funding from both the food and pharmaceutical industries. This raises the question: why would the pharmaceutical industry be involved? It suggests a concerning intertwining of commercial interests and dietary guidelines.

It's perplexing to consider the involvement of the pharmaceutical industry in dietary guidelines, as their primary motive seems to be profit. They should not have any influence in this area. It's also disappointing that Lancet chose to publish the Eat Lancet report, which did not require a thorough review of the articles, many of which were of poor quality and biased.

It's important to take a step back and examine the Adventist health studies, which have been repeatedly cited as evidence of the benefits of a vegan/vegetarian diet. However, these studies are flawed. They were conducted by individuals affiliated with the Adventist Church and have been self-cited excessively. For example, the three Adventist studies we reviewed had each been self-cited over 400 times, amounting to 1,200 self-citations in total. This practice of self-citation raises questions about the credibility of the research and the objectivity of the conclusions drawn from it.

Dr. Fattke stated that “In the medical field, we're often trained under a "read, repeat, reward" model, which discourages questioning and critical thinking. This approach doesn't serve us well as trainees or doctors. When we do challenge the status quo, it can lead to trouble, as I've experienced firsthand. I was reported to the

medical board simply for stating that it's absurd to serve my patients ice cream, highlighting the rigid adherence to established practices.

This "read, repeat, reward" mentality is a stark contrast to the education in other fields, such as engineering, where questioning and analyzing from different perspectives are encouraged to identify potential flaws in solutions. Unfortunately, in medicine, we're not trained to be critical thinkers in the same way, which can limit our ability to provide the best care for our patients and challenge outdated or harmful practices."

The shift away from bedside care and holistic interactions in medicine was not a complete cessation but a significant reduction. This change was influenced by the Flexner Report, which was financially supported by John D. Rockefeller. As a result, 50 medical schools across the US and Canada were closed in the years following the report's publication, and those that remained adopted a new model focused on medication and testing.

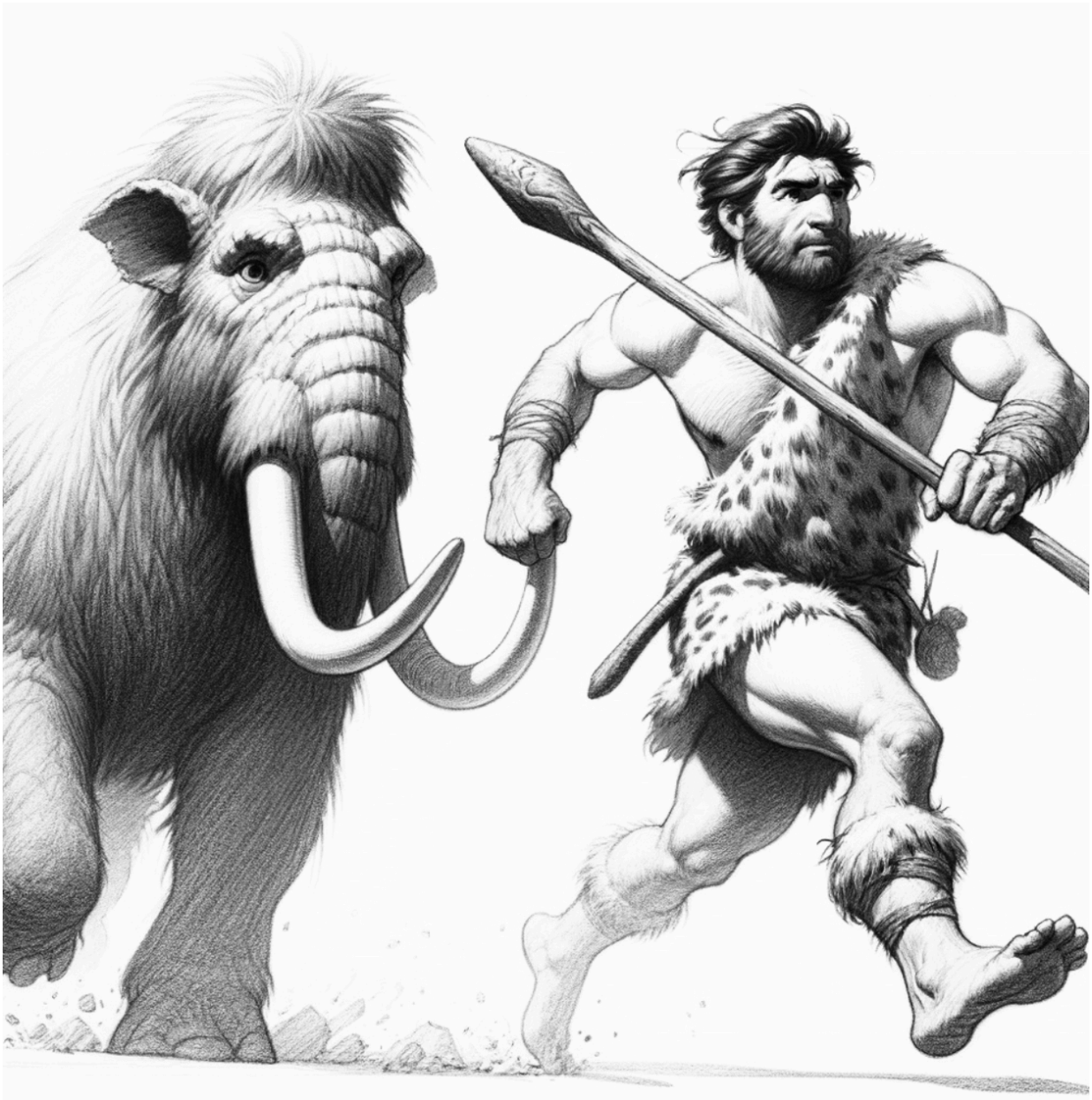
This period also marked the burgeoning of the pharmaceutical industry, with the development of drugs leading to the birth of the modern pharmaceutical sector between 1910 and 1917. Alongside this, the field of nutrition science emerged, though it often prioritized palatability, marketability, and profit over genuine scientific inquiry.

These developments gave rise to what I refer to as "generational education." Since the early 20th century, the pharmaceutical industry has played a significant role in shaping medical education, steering it towards a model that emphasizes medication

and testing over holistic patient care. Since 1910, the pharmaceutical industry has been dictating how we treat our patients, while the food industry has been shoving their dietary recommendations down our throats. We've lost our ability to think independently because these industries have crafted the guidelines we're supposed to follow.

CHAPTER 3

Ancient Appetites: Understanding the True Nutritional Needs of Humans



The topic of what an optimal human diet looks like is not up for debate when you use reality as your evidence. Throw away everything you think you know about nutrition. The majority of the information you've been force fed is the exact opposite of the truth, which I will be proving to you. After I present you with the most compelling and irrefutable evidence supporting my dietary recommendations for optimal health, you will be thoroughly convinced of its validity. This evidence is so irrefutable that you won't feel swayed by alternative dietary beliefs, as they lack the same level of strong, scientific backing that this way of eating possesses.

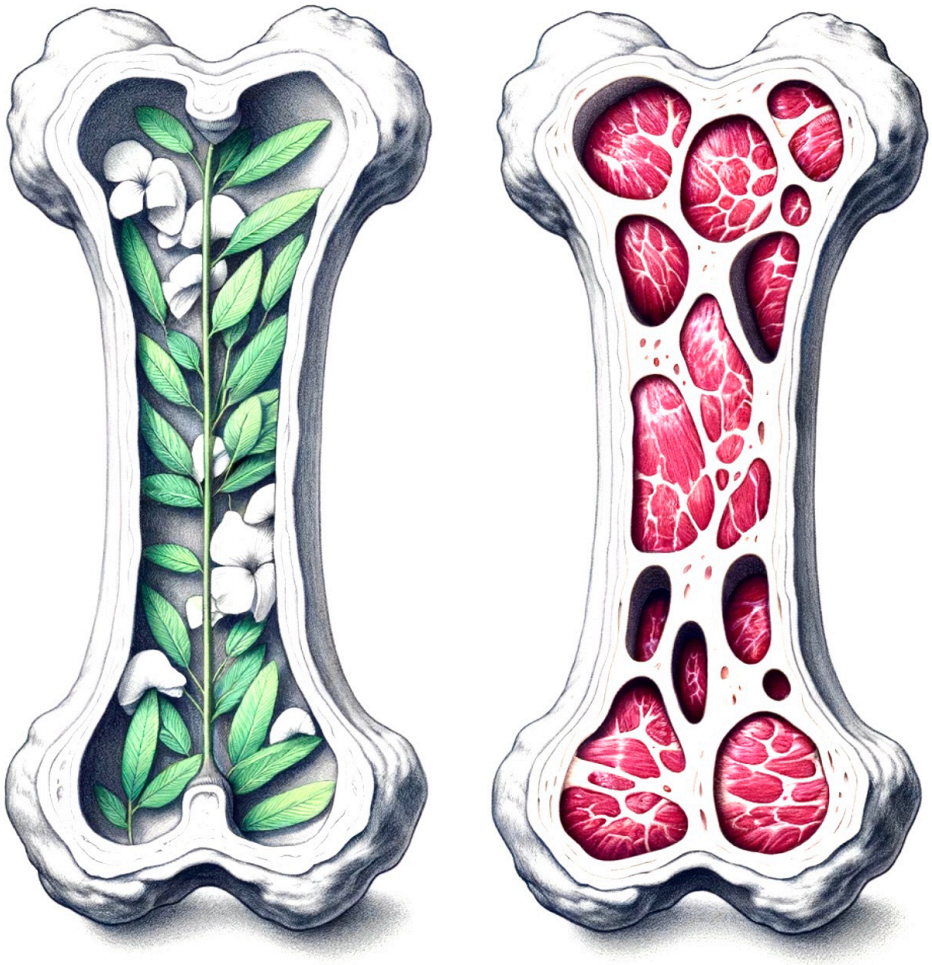
Let's talk about animals in nature. Every species has a specific diet it is biologically adapted to, and deviations from this diet can lead to significant health issues. For example, lions, being carnivores, are designed to eat meat exclusively; feeding them grass would lead to severe illness. Interestingly, wild animals generally experience few diseases. However, when humans intervene, taking these animals into care and altering their diets, the animals often become very sick.

This same principle applies to humans. Indigenous groups like the Inuit in Alaska, who consume a diet they have adapted to over millennia, primarily consisting of raw meat and fish, exhibit virtually no chronic diseases seen in more industrialized societies. The Inuit in Alaska, who experience virtually no illness, live long and healthy lives, contrasting sharply with the high incidence of cancer among more "civilized" populations, where one in two people may develop the disease. This stark difference underscores a fundamental principle: when a species adheres to its natural, species-appropriate diet, it tends to stay healthy.

The Proof Is in The Pudding, Or Bones

Imagine you're trying to figure out what someone ate for dinner last week by looking at the crumbs left on their plate. Nitrogen isotopes in bones work a bit like those crumbs, but instead of telling us about one meal, they give us clues about what kinds of food someone (or something) ate over their lifetime.

Think of the food chain as a ladder. Plants are on the bottom rung, animals that eat plants are on the next rung up, and animals that eat other animals are even higher. Each step up this ladder changes the "flavor" of nitrogen in the body, like adding a new spice to a dish. Stable isotope testing in anthropology is a scientific method



used to analyze the chemical elements in human remains, such as bones and teeth, to learn about past human diets, migration patterns, and environmental conditions. These chemical elements, called isotopes, are like different versions of the same element with varying numbers of neutrons. By measuring the ratios of these isotopes, researchers can infer information about what ancient people ate, where they lived, and how they interacted with their environment. This helps anthropologists understand more about the lives and cultures of people from the past.

Prepare to have your understanding of human dietary history turned on its head! The profound revelation that humans are innate carnivores comes from something as elementary yet groundbreaking as stable isotopes found in fossils. When analyzing these ancient remains, nitrogen content serves as a crucial indicator of dietary habits. Astonishingly, the more nitrogen present in a fossil, the more carnivorous the species.

Now, hold onto your seats: every single human fossil unearthed from the pre-agricultural era not only contains nitrogen but showcases nitrogen levels that are off the charts—surpassing those of all other known species! This compelling evidence irrefutably points to our ancestors' diets being predominantly meat-based, far exceeding the carnivorous habits of any other creature roaming the earth at that time.

This high nitrogen signature in our ancient ancestors' remains is a testament to a time when humans thrived as apex predators, fundamentally reliant on a diet rich in animal protein. The implications are clear: the very essence of our physiological makeup is not just aligned with, but deeply rooted in, carnivory.

This is the biggest piece of evidence of our carnivorous nature. I'll show you further in detail how it works. Every single test of every long bone collagen, that's ever been extracted, from all human remains, anywhere on this planet, of any age over about 11,000 to 350,000 years, they all tell the same story deviating within about a mere 5%. The insides of the fossilized remains all say that human beings are obligate hyper carnivores. Did you get the part where I mentioned that EVERY human remain found, ANYWHERE in the word, from ANY age, all say the same thing. We ate almost no plants at all. Use this reality as cold hard evidence and stop following the pseudoscience called human nutrition which is just propaganda and money driven and the furthest thing from science.

How it Works:

1. **Collection of Samples:** Researchers collect samples of human remains, primarily bones and teeth, from archaeological sites.
2. **Isotope Analysis:** The samples are analyzed in a laboratory to measure the ratios of different stable isotopes, such as carbon (C), nitrogen (N), oxygen (O), and strontium (Sr).
3. **Interpretation:** The isotopic ratios are interpreted based on established relationships between isotope values and environmental or dietary factors.

What it Reveals:

1. **Diet:** Carbon and nitrogen isotopes are commonly used to reconstruct diet. Carbon isotopes can differentiate between plants using different photosynthetic pathways (e.g., C3 vs. C4 plants) and can indicate the consumption of marine resources. Nitrogen isotopes provide information about the trophic level of the diet, distinguishing between plant-based and animal-based diets.

2. **Migration:** Oxygen and strontium isotopes are used to infer migration patterns. Oxygen isotopes vary with geography and climate, reflecting the water a person consumed during life. Strontium isotopes vary with geological substrates and can indicate whether an individual grew up in the same area where they were buried or if they migrated from a different region.

3. **Environmental Conditions:** Isotopes can also provide insights into the environmental conditions in which ancient people lived. For example, oxygen isotopes in skeletal remains can reflect temperature and rainfall patterns during the individual's lifetime.

In the bones of animals, the levels of carbon (C) and nitrogen (N) isotopes vary depending on their diet and position in the food chain. Here's how these changes occur:

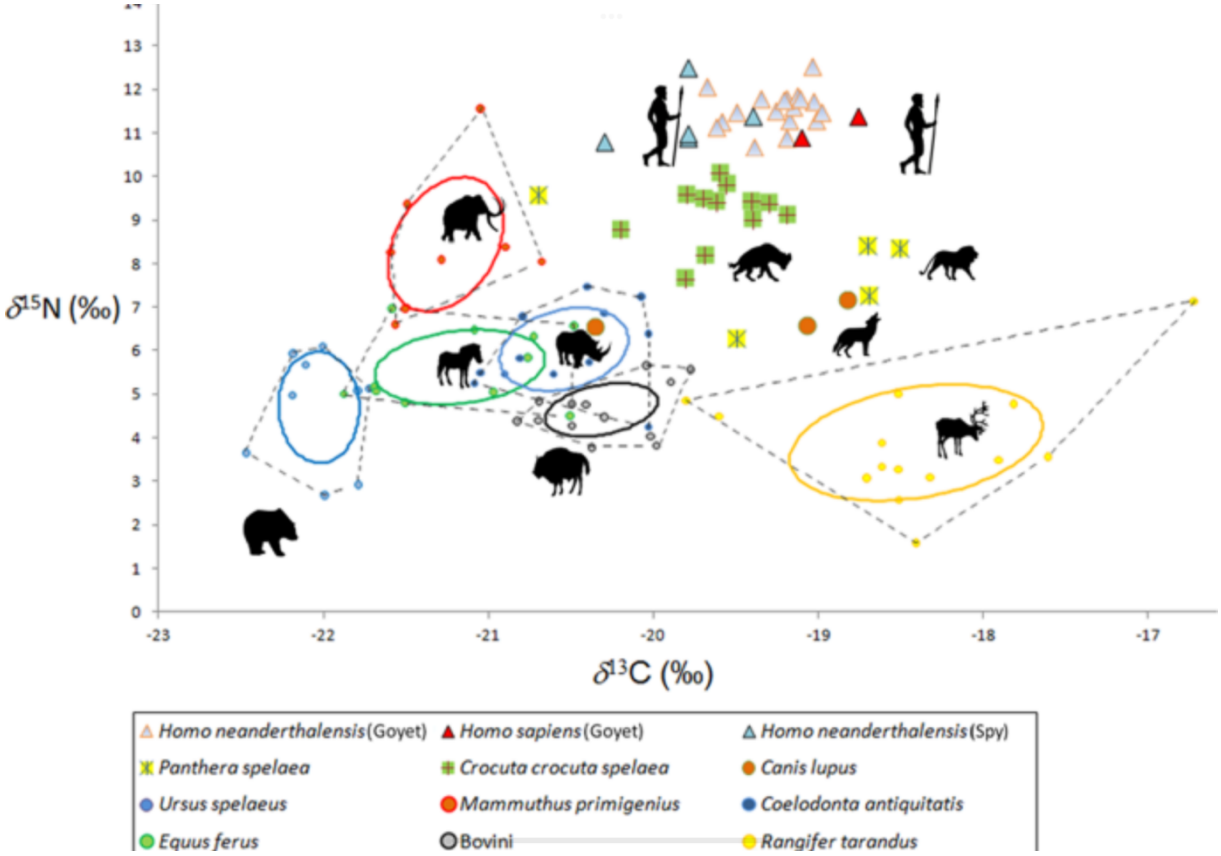
Carbon Isotopes (δ13C):

- **Plant-Eating Animals (Herbivores):** Herbivores consume plants that have distinct carbon isotope ratios based on their photosynthetic pathways. For example, C3 plants (e.g., wheat, rice) have lower δ13C values compared to C4 plants (e.g., maize, sugarcane). The carbon isotope ratio in the bones of herbivores reflects the type of plants they consume.
- **Carnivorous Animals:** Carnivores that eat herbivores inherit the carbon isotope signature of their prey. However, the change in δ13C values is

relatively small from one trophic level to the next, making it less effective for distinguishing between carnivores and herbivores.

Nitrogen Isotopes (δ15N):

- **Plant-Eating Animals (Herbivores):** Herbivores generally have lower δ15N values in their bones because plants typically have lower nitrogen isotope ratios.



- **Carnivorous Animals:** As animals become more carnivorous and move up the food chain, the δ15N values in their bones increase. This is because each step up the food chain involves a process called trophic enrichment, where the nitrogen isotope ratio becomes slightly heavier (higher δ15N value) due to the

preferential excretion of lighter isotopes (lower δ15N value) and retention of heavier isotopes in the body.

Climbing Up the Food Chain:

- **Trophic Level Effect:** The higher an animal is on the food chain, the higher its δ15N value will be. For example, a top predator like a lion will have higher δ15N values in its bones compared to a primary consumer like a zebra.
- **Biomagnification:** The accumulation of heavy isotopes in higher trophic levels is a form of biomagnification, similar to the way certain chemicals accumulate in higher concentrations in organisms higher up the food chain.

Now when we analyzed the fossilized bones of our ancestors, we were all the way at the top.

When scientists checked the bones of Neanderthals and early humans, they found they had even more of this nitrogen, around 12% to 13.5%, which is MORE than other meat-eating animals like hyenas and wolves. This tells us that Neanderthals and early humans were eating A LOT of meat.

Since our bones are at the top of the food chain, something to remember is that apex predator's do not graze. They only eat the animals or organisms that are below them on the food chain. You don't see sharks eating kelp, you don't see lions eating grass, you shouldn't see humans drinking kale smoothies when meat is so abundantly available to us.

This study titled " Exceptionally high δ15N values in collagen single amino acids confirm Neandertals as high-trophic level carnivores" states the following:

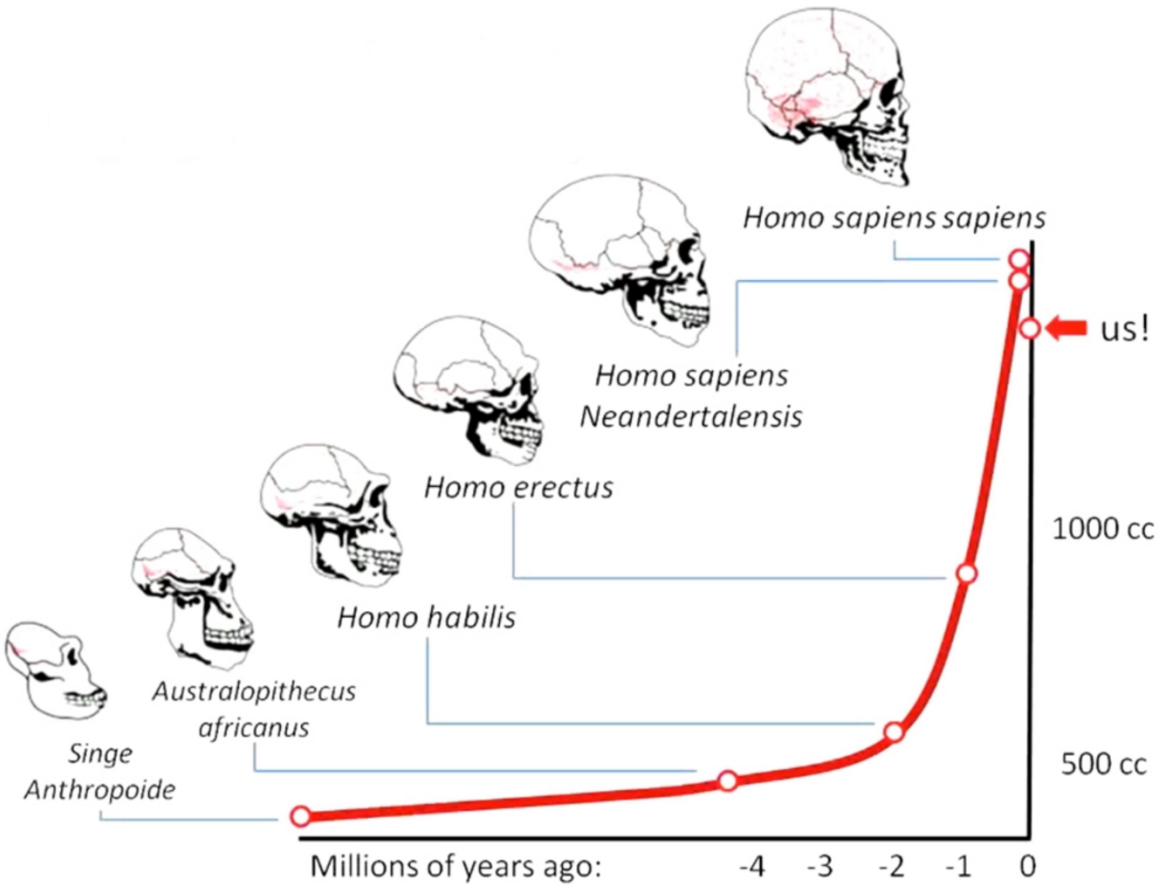
"We undertook single amino acid C and N isotope analysis on two Neandertals, which were characterized by exceptionally high N isotope ratios in their bulk bone or tooth collagen. We report here both C and N isotope ratios on single amino acids of collagen samples for these two Neandertals and associated fauna. The samples come from two sites dating to the Middle to Upper Paleolithic transition period (Les Cottés and Grotte du Renne, France). Our results reinforce the interpretation of Neandertal dietary adaptations as successful top-level carnivores, even after the arrival of modern humans in Europe. They also demonstrate that high δ15N values of bone collagen can solely be explained by mammal meat consumption, as supported by archeological and zoo-archeological evidence, without necessarily invoking explanations including the processing of food (cooking, fermenting), the consumption of mammoths or young mammals, or additional (freshwater fish, mushrooms) dietary protein sources."

It turns out these old-school humans were pretty much the ultimate carnivores, ruling the food chain like the Apex predators that humans are!

It's sad how this isn't common knowledge. They didn't just dabble in a bit of plants here and there. Oh no, they were feasting on mammal meat like there was no tomorrow! And all those fancy theories about them cooking up a storm or fishing for their supper? Nope, it seems they were keeping it simple and sticking to what they knew best – good old-fashioned meat. So next time you're munching on a ribeye, give a little nod to your Neanderthal ancestors who were rocking the carnivore lifestyle way before it was cool!

Brain Size

Let me unpack the fascinating storyline about the relationship between our diet and brain size. Initially, our earliest ancestors had brains comparable in size to other primates, subsisting mainly on a plant-based diet. However, a dramatic shift occurred around 2 million years ago—coinciding with the onset of the Ice Age and the advent of stone tool technology. This period marked significant environmental changes; the Ice Age covered vast tracts of the Earth in ice, drastically reducing the availability of plant foods.



Faced with these harsh conditions, our ancestors were compelled to innovate and adapt, turning to a new food source: animals. This was not just a survival tactic but

a pivotal evolutionary shift. The Ice Age meant that only the fattiest animals could survive the cold, providing early humans with access to high-quality animal fats. These fats are rich in the 20 and 22 carbon fatty acids, which are crucial for brain development and make up 90% of brain material in mammals.

Contrastingly, plants produce predominantly 18 carbon fatty acids, which do not support the synthesis of these essential brain materials. This stark difference in available nutrients presents a clear explanation for the unprecedented growth in brain size during this period. Our brains continued to grow and evolve, fueled by the rich fats found in animal meat, up until about 12,000 years ago. It is at this point, correlating with the end of the Ice Age and a shift back towards agriculture and plant-based diets, that we observe a 11% reduction in brain size.

This correlation strongly suggests that the inclusion of animal fats in our diet was directly linked to the expansion of our brain capacity, and the shift away from these fats has had a reverse effect. The tools, the timing, and the type of nutrients available all align to support this point that our brains thrived on a diet rich in animal fats.

It's absolutely shocking when you consider the timeline of human evolution in relation to our diet! For the last 12,000 years, since the end of the last Ice Age, humans have primarily relied on agriculture for our caloric intake. Before this shift, when the Earth was largely covered in ice, agriculture was simply not feasible. This change in dietary sources corresponds alarmingly with a decrease in our brain size because our diets now lack significant amounts of 20 and 22 carbon fatty acids, which are crucial for brain health.

Even more startling is the condition of human fossils from this era. Every fossil found from before 12,000 years ago is in near-perfect condition, with hardly any lesions or markings that typically indicate infection or disease. Yet, in the last 12,000 years, such markings have become prevalent on fossils. This suggests a deterioration in overall health coinciding with our dietary shift away from meat.

This timeline tells a compelling story: small brains, we start eating meat, brains grow larger; we stop eating meat, brains shrink again. How can we ignore such clear evidence that our ancient diet was directly linked to our brain development?

It’s quite shocking to realize the implications of our dietary changes over time. The reduction in consumption of the right types of fatty acids since the Agricultural Revolution explains not only the decrease in brain size but also other physical changes in humans. Research has revealed that the average height of ancient humans, based on older fossils, was around 6'2". Compare that to today’s average height of approximately 5'7", and it's clear how significant the impact has been.

Moreover, in fossils from the last 12,000 years, we have started to see the emergence of dental cavities, which were virtually non-existent before the Agricultural Revolution. It's fascinating to note how jaw structures, once robust and perfectly formed, have evolved. Today, many people suffer from misaligned teeth and smaller jaws. This dramatic transformation can be attributed to the shift away from meat-based diets. Previously, our ancestors needed to use their jaws extensively to process tough, fibrous meat, which not only strengthened the jaw structure but also ensured an intake of essential nutrients critical for proper dental and bone development.

The evidence is compelling: as our diets moved away from meat towards agriculture-based foods, our bodies have visibly suffered, losing height, developing weaker jaws, and suffering from increased dental issues. This shift away from the nutritional riches of meat has had profound consequences on our physical development over the millennia.

Surprisingly, we've undergone numerous adaptations that indicate an increasing reliance on hunting. One of the most striking changes is in our feet. Our big toes have aligned more closely with the rest of our toes, we've developed higher arches, and our toes have become shorter. Overall, our feet have become more rigid, all of which suggest that we had to walk and run over greater distances—activities associated with hunting. If we were primarily eating plants, we wouldn't need to move around as much.

Consider how other primates, who don't travel extensively, move—they're often bent over. In contrast, humans have evolved to become more upright over time, an adaptation that aligns with the physical demands of hunting and long-distance travel.

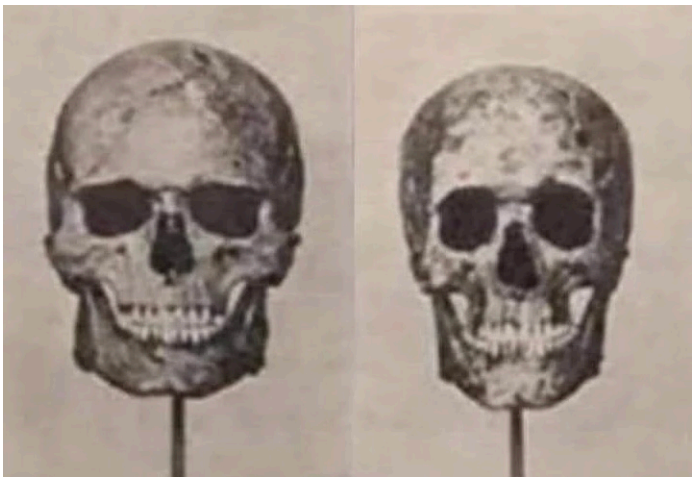
Additionally, there's been a significant change in our rib cage structure. Early humans, who are believed to have eaten primarily plants, had very different rib cages compared to modern humans. This difference points to an evolution in our respiratory and digestive systems, reflecting a shift from a sedentary, plant-based lifestyle to one that involved active hunting and greater meat consumption.

Our old rib cage structure suggests that early humans had much larger intestines compared to what we have now. Over time, as our diet shifted away from plant

fermentation to consuming other animals, our rib cages and intestines became smaller. This adaptation indicates that our digestive system no longer needed to process large amounts of plant matter.

Another fascinating adaptation is our incredible shoulder rotation ability. Just turn on a baseball game to witness this in action—no other species has developed such an ability. This unique trait evolved from repeatedly throwing spears at animals, a critical skill for hunting.

Decline of Our Skeletal Structure



Additionally, our teeth tell a compelling story. Unlike herbivores, which have flat teeth, our teeth are not perfectly flat and include well-developed canines. This dental evolution points to a diet that included meat.

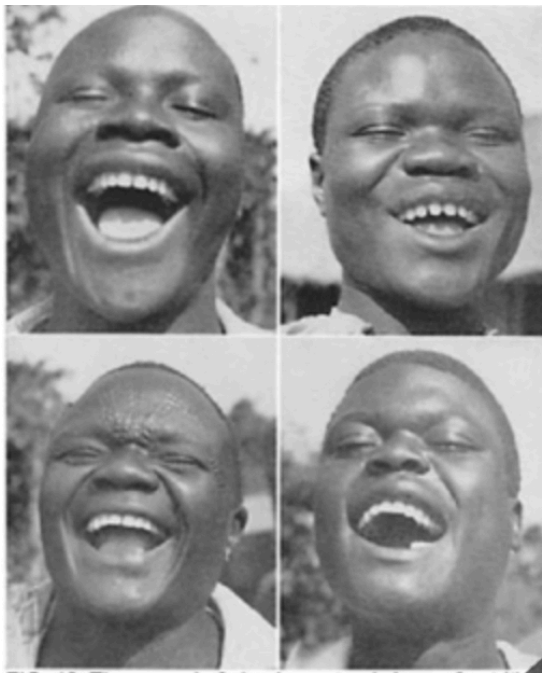
Let's take a look at our skeletal structure. Did you know that archaeologists can tell if a skull is pre or post agriculture based on the size of a skull and the straightness of its teeth? Why is this? Well, we know that when we began agriculture, we started to consume more wheat, grains, plants, and other non animal based foods. After agriculture, there was a dramatic decline in the size of our brains, reduction in our height, and an obvious deformity in the growth of our teeth and jaws. Do you know what could lead to such drastic reductions in all of these markers of health.

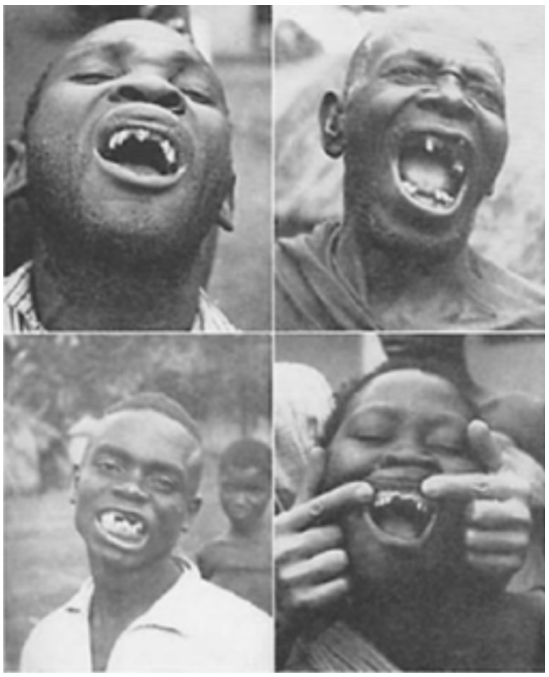
MALNUTRITION! There's a reason why all the makeup gurus and plastic surgeons put so much emphasis on strong prominent cheekbones. It's not just a beauty standard, it's a sign of health and bone growth due to proper nourishment. It is not caused by evolution because evolution takes hundreds of thousands of years. Crooked teeth, which happens to be extremely common now a days, is simply due to not receiving the necessary nutrients that are required for proper bone development.

When populations around the globe started turning to agriculture around 10,000 years ago, regardless of their locations and type of crops, a similar trend occurred: the height and health of people declined. Skeletal analysis suggests that these Neolithic peoples experienced "greater physiological stress due to a Under Nutrition and infectious diseases ".

Which nutrients are they? Vitamins D and K, Calcium, Magnesium, Potassium, Phosphorus, Sodium, and a few others. Do you know which foods contain the highest bioavailable source of these essential nutrients? MEAT, DAIRY, AND OTHER ANIMAL BASED FOODS. Because children started eating cereal, bagels, pasta, grains, and other bs foods that don't align with our biology, almost every single child requires braces today (crooked teeth has become the least of our worries when 1in 10 children have nonalcoholic fatty liver disease and are riddled with other metabolic diseases today). Most people tend to think that misaligned teeth are just genetic, but this is completely false. There are even cases where vegans that used to have straight teeth eventually notice their teeth shifting after cutting out animal products.

It’s actually well known that cavemen had PERFECT teeth and never needed to see a dentist a day in their lives. No toothbrushes, no toothpaste, no cavities. But forget cavemen, there are quite a few primitive tribes around the world today who are mostly carnivorous, and they have beautiful white strong straight teeth. Yet in our society, we seem the most dedicated to attaining the same set of perfect teeth, only to spend thousands upon thousands of dollars for braces, Invisalign, whitening procedures, cavity fillings, the list is endless, and dentists seem to be making a killing.





"Nutrition and Physical Degeneration" is a book by Weston A. Price, first published in 1939. Price was a dentist who became interested in the relationship between diet and health. In his book, he documented his observations from travels around the world, studying the diets and health of various populations.

A key focus of Price's work was the comparison between traditional diets and those influenced by modern, industrialized food practices. He observed that populations consuming their native diets, which were rich in nutrients and minimally processed, had excellent dental health, well-formed jaw structures, and overall robust physical health.

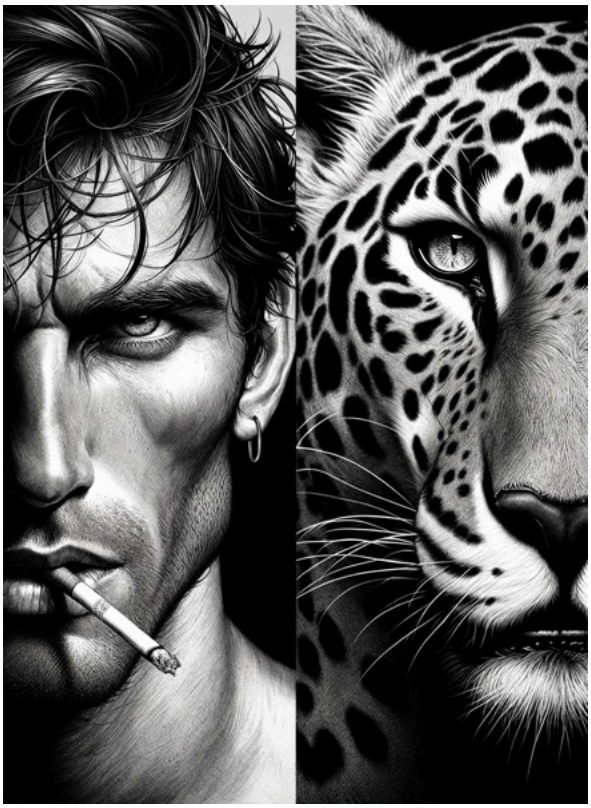
When Price examined groups that had adopted modern Western diets, typically high in processed foods, sugar, and white flour, he noted a marked deterioration in dental health, including increased instances of tooth decay and poor dental arches. His observations extended beyond dental health to other physical and health issues.

Let’s take a look at our brain and skull size throughout our evolution.
Regarding African populations, Price observed similar trends. He noted that when individuals from these communities switched from their traditional diets to modern, processed foods, there was a significant increase in dental problems, including tooth decay and structural issues. Their teeth were literally rotting before their eyes after consuming what the majority of the American population eats on a regular basis in very short amount of time.

Gaze Of the Apex

We are THE ultimate apex predators at the top of the food chain. The placement of eyes in animals is closely related to their dietary habits and role in the ecosystem. Predators, or carnivores, including humans, tend to have their eyes positioned at the front of their heads. This frontal eye placement is known as binocular vision,

which provides a greater depth perception and allows for accurate determination of the distance to their prey, aiding in hunting.

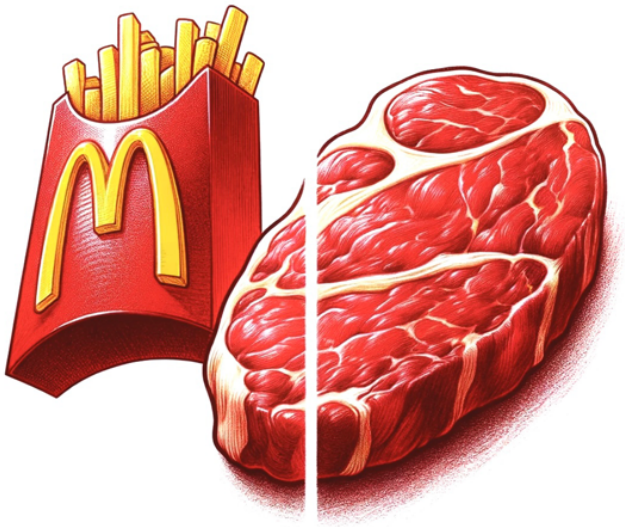


On the other hand, herbivores, which are prey for many predators, usually have their eyes on the sides of their heads. This side placement gives them a wider field of view, allowing them to see in almost all directions without having to move their heads. This panoramic vision helps them detect approaching predators from various angles, increasing their chances of survival. “What about monkeys?” While most herbivorous animals have eyes on the sides of their heads to view predators, monkeys are the exception and it’s all because they’re tree dwellers. They need those front-facing peepers to accurately judge distances between branches for their daredevil swings from limb to limb, despite being herbivores.

The evolutionary adaptation of eye placement reflects the different survival strategies required by carnivorous and herbivorous animals.

In the grand color scheme of fast-food logos, the standout stars are undoubtedly red and yellow. But ever wonder why these colors make us want to wolf down a burger? It's not just a random choice; it's a subconscious trigger to our inner caveman. Our brains are wired to crave nutrient-dense fatty meats from all the

hunting we've evolved on, a throwback to when a good day was finding a mammoth steak, not just a parking spot close to the drive-thru.



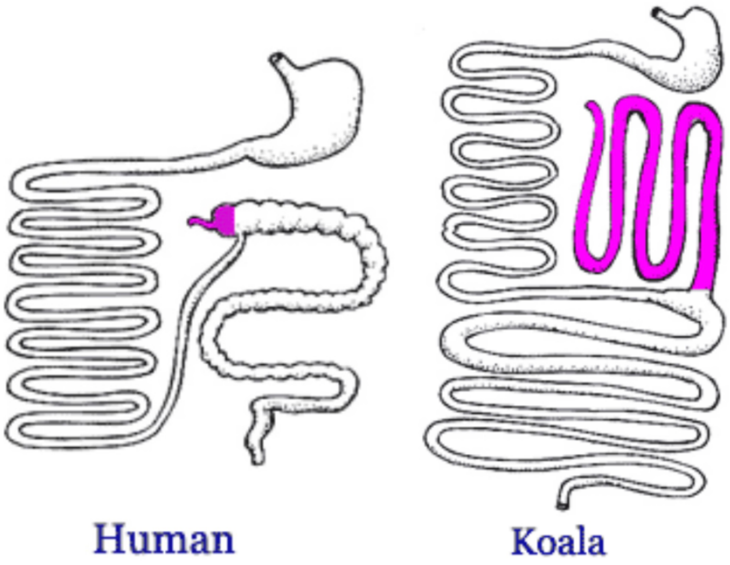
Red and yellow are like the neon signs of nature, signaling our brains that it's time to chow down on something rich and satisfying. These colors don't just catch our eye; they poke our ancient hunger buttons, reminding us of the juicy, fat-marbled meats that fueled our ancestors. The clever use of these colors in fast-food branding isn't just marketing magic; it's a deep dive into our love affair with nutrient-packed meats, proving that sometimes, the way to our hearts (and stomachs) is through our prehistoric appetites.

Our biology is the proof

The biggest piece of evidence in our bodies that proves we are carnivorous beings is our vestigial organ which is the cecum/appendix. A vestigial organ is a part of the body that has become functionless over the course of evolution. These organs or structures were once useful to an organism's ancestors but have lost their original function due to changes in species' lifestyle or environment over many generations. Basically, use it or lose it.

The human appendix and cecum are often cited as examples of vestigial organs. In some herbivorous animals, the cecum is large and plays a crucial role in the

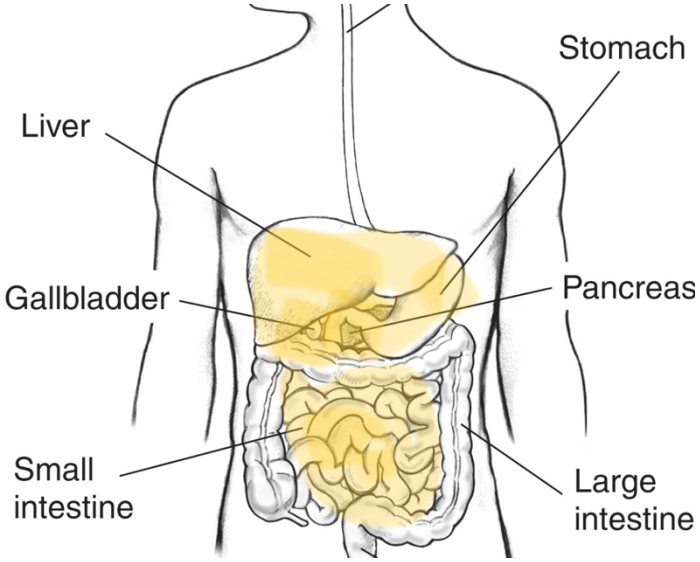
digestion of cellulose found in leaves and other plant materials. These animals rely on a large cecum (and sometimes an appendix) to facilitate the breakdown of tough plant fibers, a process that involves a significant amount of bacterial fermentation.



In contrast, humans have a relatively small cecum and a tiny appendix, which are thought to be vestigial remnants from our herbivorous ancestors. WE SHRUNK THE ORGAN THAT'S MEANT TO DIGEST PLANTS FROM LACK OF USE THROUGHOUT OUR EVOLUTION, which is process that takes hundreds of thousands of years to do. It's also important to remember when a know-it-all vegan tries to argue the opinion that since we look like monkeys, and monkeys are mostly herbivores with lots of muscle, we should be herbivores too. The organ we use to use for plant digestion shriveled up, while that same organ in monkeys and other plant eating animals is 4 feet long or even longer. As we rose to the top of the food chain, we stopped subsisting on low quality plant foods and instead required highly nutrient dense animal foods. We can't ferment large amounts of plant foods like our oldest ancestors. Our small intestines got longer where we extracted nutrition from meat, and the hind gut got shorter, where plant fermentation takes place.

Now if you look at our most vital organs, 5 of them have the main responsibility of absorbing fat. We literally have 5 organs for absorbing fat. Here how it works.

1. Stomach: The process begins in the stomach, where mechanical and preliminary chemical digestion occurs.



2. Liver: The liver produces bile, which is crucial for fat digestion. Bile contains substances that emulsify fats, breaking them down into smaller droplets. This emulsification is essential for the efficient digestion of fats.

3. Gallbladder: The gallbladder stores and concentrates bile produced by the liver. When you eat, the gallbladder releases bile into the small intestine to aid in the digestion of fats.

4. Pancreas: The pancreas produces a variety of digestive enzymes, including lipase. Lipase is essential for breaking down emulsified fats into fatty acids and glycerol, which are forms that the body can absorb.

5. Small Intestine: The small intestine is the site where the actual absorption of fats occurs. After fats are broken down by lipase, the resulting fatty acids and glycerol are absorbed by the cells lining the small intestine and then transported to the bloodstream for use by the body.

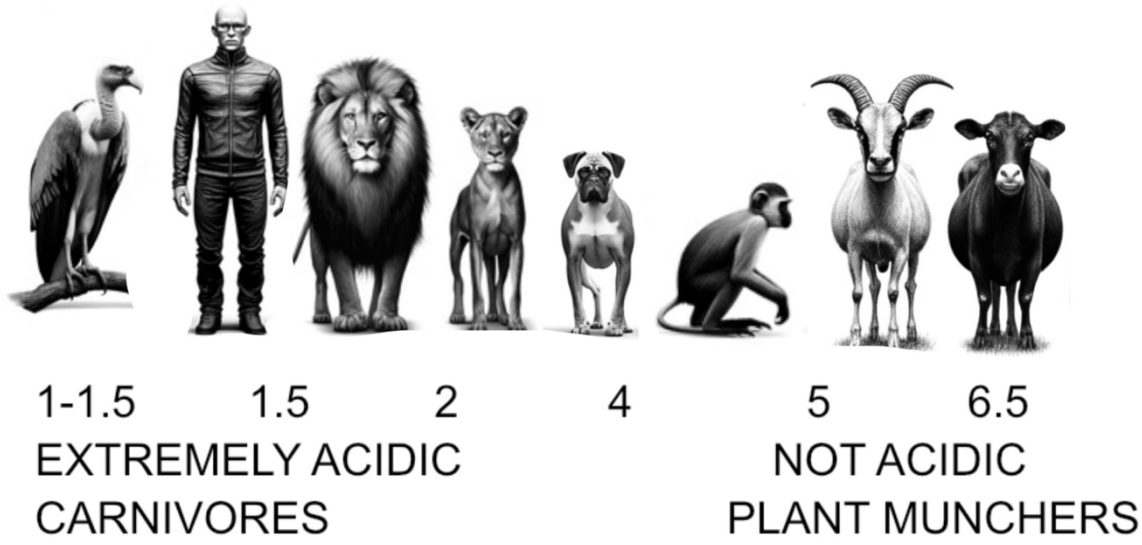
If fat wasn't extremely crucial and important to our well being, our bodies would not waste so much time and energy towards digesting it. This process is a very high energy demanding process to keep these organs functioning in this process of digesting fat so that's just a clear indicator in how big of a role fatty meat played in our lives.

Stomach PH

It is ridiculous to even question our carnivorous nature when the ph of our stomach is as acidic as it is. pH is a scale used to specify how acidic or basic (alkaline) a water-based solution is. The scale ranges from 0 to 14, with 7 being neutral. Solutions with a pH less than 7 are acidic, and those with a pH greater than 7 are basic or alkaline. The pH scale is logarithmic, meaning each whole pH value below 7 is ten times more acidic than the next higher value, and each whole pH value above 7 is ten times more alkaline than the next lower value.

The human stomach contains gastric acid, which is primarily composed of hydrochloric acid (HCl), potassium chloride (KCl), and sodium chloride (NaCl). This acidic environment helps in the digestion of food and killing pathogens that might be ingested. The pH of the human stomach varies but is generally very acidic, usually around pH 1.5 in healthy humans. This acidic environment is crucial for the enzyme pepsin to be active, which aids in the digestion of proteins.

Herbivores, such as gorillas and monkeys, typically have a higher stomach pH (more alkaline) compared to carnivores. This is partly because their diet consists mainly of plant material, which requires a different set of enzymes for digestion and a less acidic environment. The digestion of cellulose and other plant fibers begins in the mouth with mechanical breakdown and continues in the stomach and intestines with microbial fermentation, a process that benefits from a less acidic environment. Herbivores often have a more extended digestive tract, allowing more time for the breakdown and absorption of nutrients from plant material. Their stomach pH usually ranges around 7, depending on the species and the specific type of plant material they consume. Because the pH scale is logarithmic, each



whole pH value below 7 is ten times more acidic than the next higher value. Therefore, moving from a pH of 4-5 (as in chimpanzees) to a pH of 1.5 (in humans) does not simply mean that human stomachs are a few times more acidic; they are, in fact, roughly 1000 times more acidic. READ THAT AGAIN. 1000x more acidic than a chimp. This dramatic difference suggests a significant evolutionary shift in diet from primarily plant-based foods, which require a less acidic environment for digestion, to a diet rich in animal proteins, which are best

digested in a highly acidic environment. This shift towards more acidic stomachs in humans is thought to be a response to the consumption of meat, which requires a strong acid to break down proteins and kill potentially harmful bacteria and pathogens that could be present in meat.

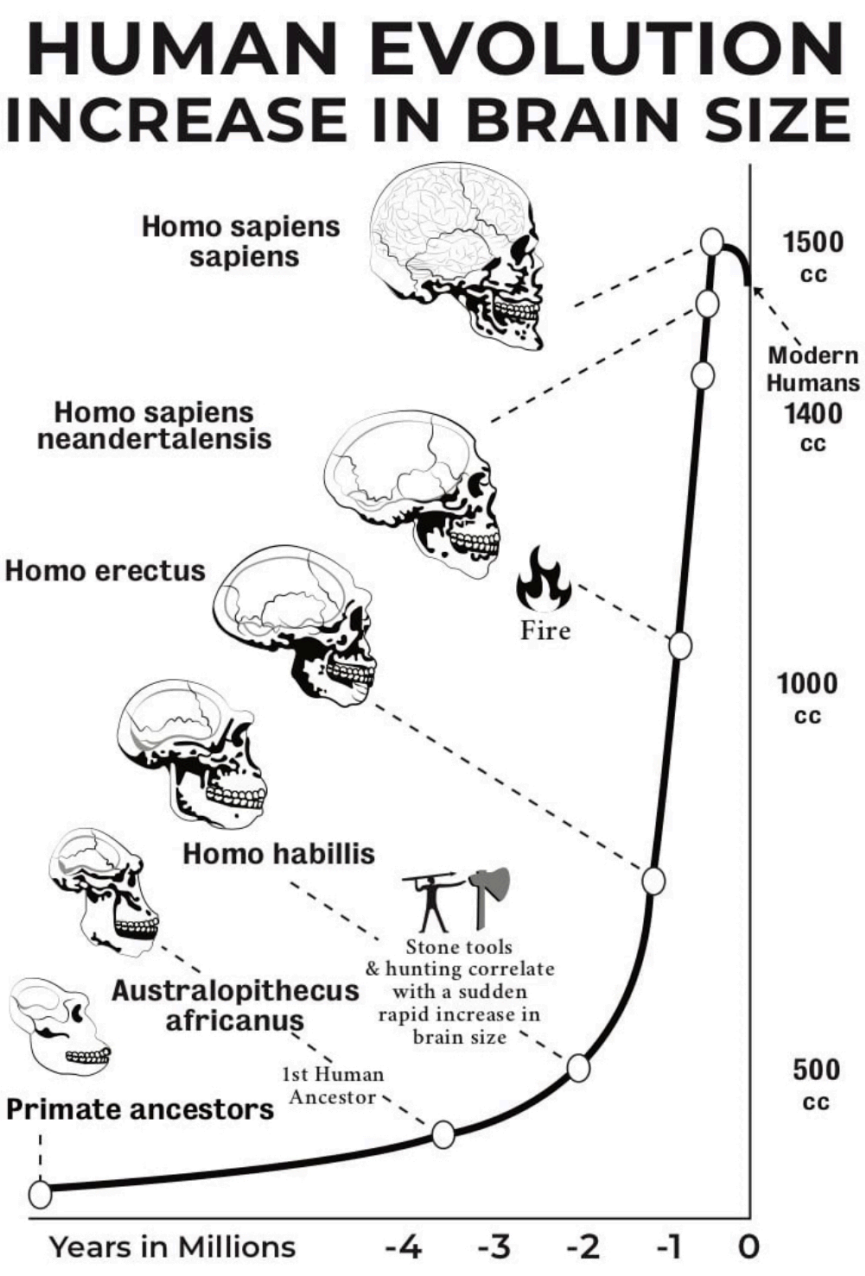
On the other hand, carnivores like lions and tigers have a lower stomach pH (more acidic), typically around pH 2, which is conducive to the digestion of proteins and fats present in their diet of fresh meat. The high acidity helps to denature proteins, making them easier for enzymes to break down, and acts as a defense mechanism against bacteria and pathogens that might be present in their food. This acidic environment is efficient for the quick digestion of meat, allowing carnivores to extract a high amount of energy from their food in a relatively short time.

Now get ready for this, humans have a stomach ph lower than these carnivorous animals because on top of us being carnivores as well, we were also accustomed to eating rotten meat that contained bacteria. Our stomach ph level is similar to vultures, known for their scavenging habits, consume carrion (dead animals), which exposes them to potentially harmful bacteria and toxins. To counteract these dangers, vultures have evolved a highly acidic stomach pH, often lower than 2, which helps neutralize pathogens found in their decayed food sources, just like us! Another thing to note is how extremely energy demanding it is for our bodies to maintain such acidity in our stomach. This is no accident.

Now imagine feeding plants and minimal animal products to a body that has little to no plant digesting abilities, 5 organs for fat absorption, has a stomach ph so ridiculously high it can kill the bacteria on rotten meat which requires a

tremendous amount of energy to maintain, and then wonder why certain health complications keep arising.

Our brains



So how come we don’t have large canine teeth or claws for hunting? Our ancestors adapted to their environments not through physical prowess or natural weapons like many predators but through the power of intelligence and innovation.

Early humans were not the strongest or fastest animals in their environments, but they had a crucial advantage: an increasingly complex brain capable of problem-solving, planning, and creating tools. This cognitive leap allowed humans to devise strategies for hunting and gathering that did not rely on brute strength or natural weaponry.

The development and use of tools are a hallmark of human evolution. Sharp stones, spears, and later, bows and arrows allowed early humans to hunt from a distance and process meat and plants more efficiently. The consumption of meat is often cited as a factor in the development of the human brain. Rich in calories and nutrients, meat could support the energy demands of an increasingly large brain.

Our lack of natural hunting attributes was compensated for by our ability to create and use tools, develop complex social structures, and communicate effectively. These traits have enabled humans to become the dominant species on the planet, altering environments to suit our needs rather than evolving physical characteristics to adapt to the environment. While we lack the large canine teeth and claws typical of natural predators, our evolutionary success lies in our intelligence, social cooperation, and technological ingenuity. These traits have allowed us to adapt, survive, and thrive across the globe, shaping the world in unprecedented ways.

Without a constant source of nutrient dense animal foods being consumed by early humans, we would not have achieved our large and complex brains. Here is the order of events that followed the growth of our brains.

I. About 6 million years ago, our distant ancestors entered the open grasslands of Northeastern Africa due to shifting tectonic plates causing environmental changes.

II. The oldest fossils from our lineage, dated to about 4.2 million years ago and discovered in Northern Africa, are identified as Australopithecus. A notable fossil from this group is nicknamed "Lucy."

III. Lucy appears to have walked upright and had a brain size only slightly larger than that of her chimpanzee ancestors.

IV. After Lucy's time, the size of our predecessors' brains gradually increased.

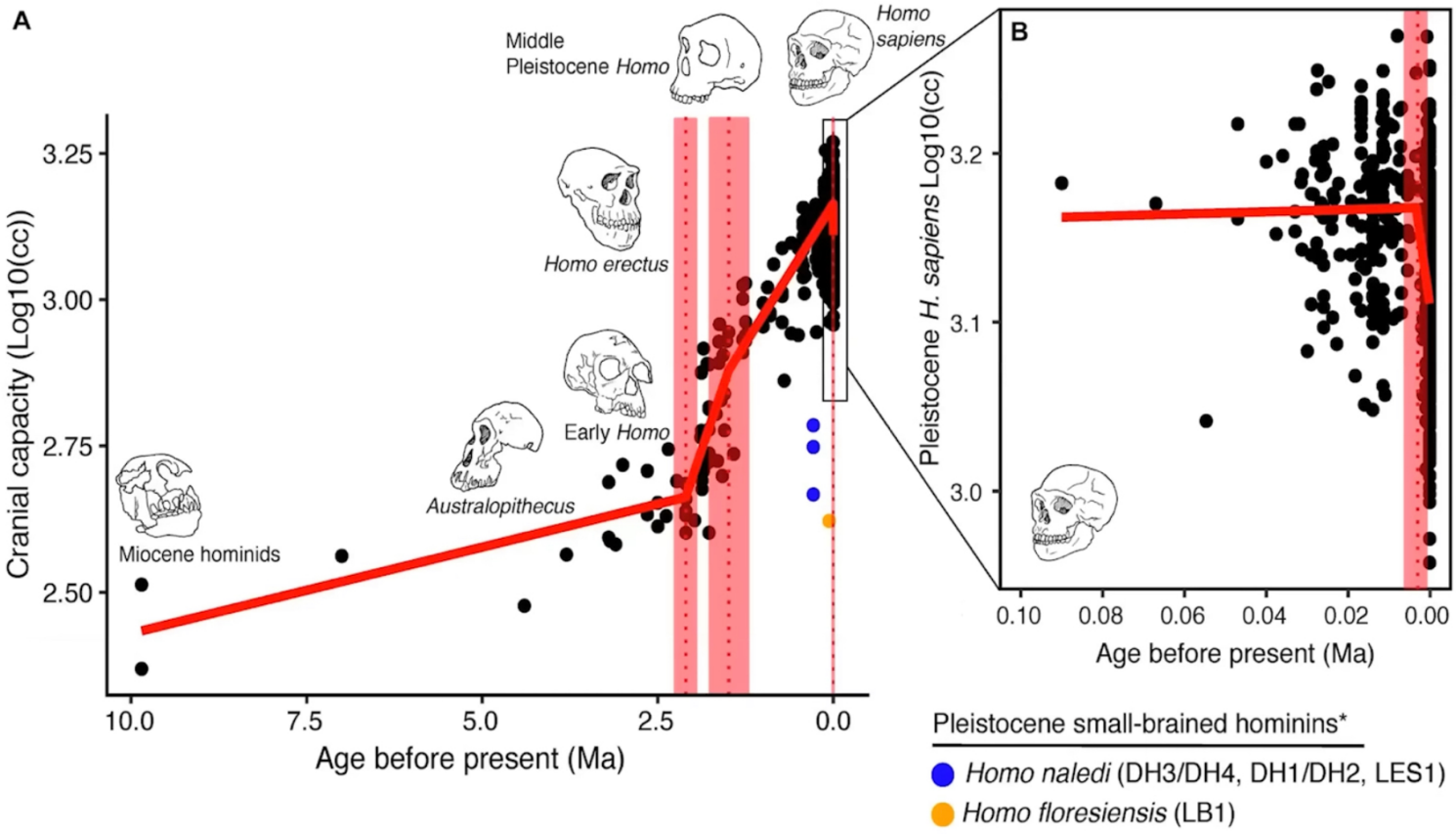
V. About 2.5 million years ago, with the appearance of Homo habilis, we begin to see the first evidence of stone tools and the hunting of animals, marking a transition from scavengers to hunters.

VI. Instead of scavenging and eating other animals remains, since we become the hunters, we got to eat the nutrient dense parts, including visceral organs and fat, contributing to a significant increase in brain size.

VII. The brain size of our ancestors doubled over the next 1 million years, reaching a maximum of 1600cc about 40,000 years ago.

VIII. The adoption of stone tools and hunting practices is linked to the rapid increase in brain size, making us into the humans we are today.

IX. The love affair with fire and cooking began approximately 500,000 years ago, well after our brains started to grow significantly.

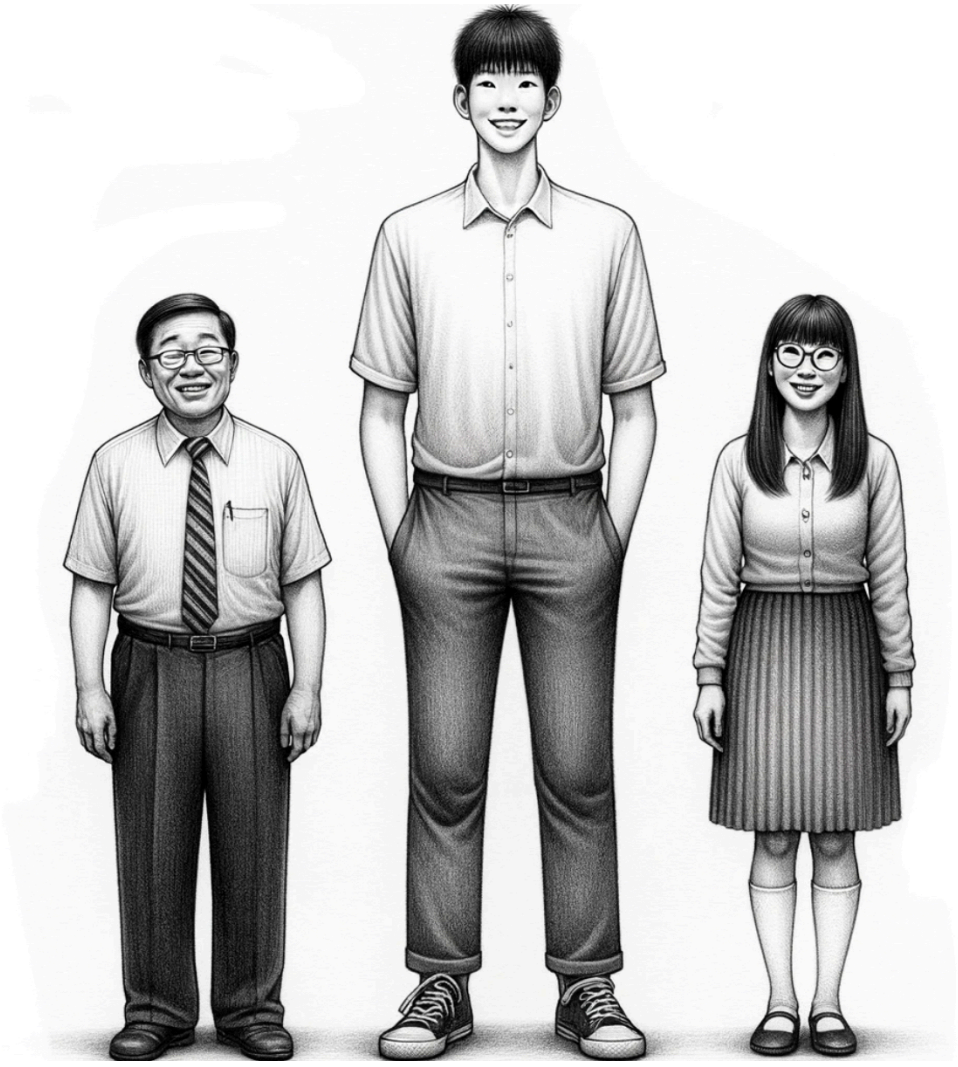


Fossil records - decrease in brain size and height post agricultural revolution

Nutrient Profiles Amongst Nations

The correlation between height and nutrition is a fascinating aspect of human biology that has been observed and studied extensively. Height is often considered a marker of nutritional status, with taller individuals generally being perceived as better nourished. This is not merely a matter of genetics; environmental factors, particularly diet, play a crucial role in determining an individual's stature.

In many third-world countries or regions where food scarcity is a common issue, people tend to be shorter on average. This is largely due to the lack of access to a varied and nutritious diet, which is essential for proper growth and development. When individuals from such backgrounds migrate to more affluent countries, where food is abundant and of better quality, a noticeable change is often observed in the subsequent generation. The children of these immigrants are frequently taller than their parents, a phenomenon that can be attributed to the improved nutritional intake.



This pattern is especially pronounced in Asian populations. Many Asian countries have historically had issues with food security and nutrition, which has reflected in the average height of their populations. However, as Asian immigrants move to countries like the United States, which offer better living conditions and access to a more nutritious diet, their children often experience a significant increase in height. This change is not only a result of genetics but is also a testament to the impact of environmental factors, particularly diet, on human growth.

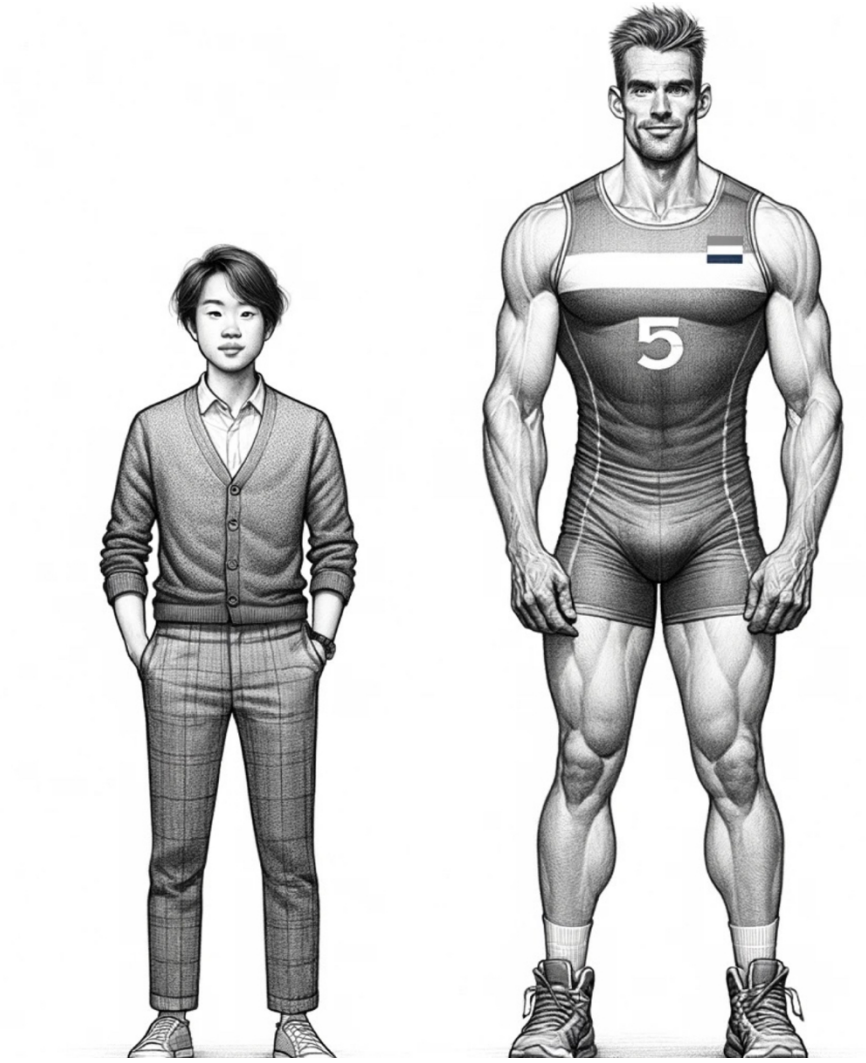
Several studies have further reinforced the connection between diet and height. Research has shown that populations with the tallest individuals are also the highest consumers of meat. This is a significant finding, as meat is a rich source of essential nutrients that are crucial for growth, such as proteins, iron, and zinc. Proteins are the building blocks of the body, and they play a critical role in the development of bones and muscles. Iron is essential for the production of hemoglobin, which transports oxygen to the growing tissues, while zinc is involved in cell growth and division.

The importance of meat in the diet is not limited to its nutrient content. Animal-based foods are also more bioavailable, meaning that the body can absorb and utilize the nutrients more efficiently compared to plant-based foods. For example, heme iron, found in meat, is more readily absorbed by the body than non-heme iron from plant sources. This higher bioavailability contributes to the more pronounced impact of animal-based diets on growth and development.

It is also worth noting that the quality of protein in animal foods is generally higher than in plant foods. Animal proteins contain all the essential amino acids in the right proportions needed by the human body, making them complete proteins. In

contrast, most plant proteins are incomplete, lacking one or more essential amino acids. This difference in protein quality further explains the link between animal protein consumption and increased stature.

The relationship between nutrition and height extends beyond the individual level and has broader implications for public health and economic development. Taller populations are often associated with better health outcomes and higher economic productivity. This is because good nutrition in early life is linked to improved cognitive function, better educational attainment, and increased earning potential in



adulthood. Therefore, ensuring access to a nutritious diet for all, especially during

the critical periods of growth and development, is essential for the overall well-being of a society.

This study titled “Major correlates of male height: A study of 105 countries” says the following:

“The consumption of rice dominates in tropical Asia, where it is accompanied by very low total protein and energy intake, and one of the shortest statures in the world (~162–168 cm). Wheat prevails in Muslim countries in North Africa and the Near East, which is where we also observe the highest plant protein consumption in the world and moderately tall statures that do not exceed 174 cm. In taller nations, the intake of protein and energy no longer fundamentally rises, but the consumption of plant proteins markedly decreases at the expense of animal proteins, especially those from dairy. Their highest consumption rates can be found in Northern and Central Europe, with the global peak of male height in the Netherlands (184 cm). In general, when only the complete data from 72 countries were considered, the consumption of protein from the five most correlated foods (r = 0.85) and the human development index (r = 0.84) are most strongly associated with tall statures. A notable finding is the low consumption of the most correlated proteins in Muslim oil superpowers and highly developed countries of East Asia, which could explain their lagging behind Europe in terms of physical stature.”

Let’s sum it up.

1. Tropical Asia: In tropical Asian countries, rice is the staple food, but the overall intake of protein and energy is very low. This region has one of the shortest average heights in the world, ranging from 162 to 168 cm.

2. North Africa and the Near East: In Muslim countries in these regions, wheat is the predominant crop. These areas have the highest consumption of plant proteins globally and moderately tall average heights, not exceeding 174 cm.

3. Northern and Central Europe: In taller nations, the overall intake of protein and energy doesn't necessarily increase, but there's a significant shift from plant proteins to animal proteins, especially those from dairy. The highest consumption of these animal proteins is found in Northern and Central Europe, with the Netherlands having the tallest average male height at 184 cm.

4. Association with Human Development Index: When considering complete data from 72 countries, the consumption of protein from the five most correlated foods (with a correlation coefficient of 0.85) and the human development index (with a correlation coefficient of 0.84) are most strongly associated with taller average heights.

5. Muslim Oil Superpowers and East Asia: The passage notes that in wealthy Muslim countries with abundant oil resources and highly developed East Asian countries, there is a low consumption of the proteins most correlated with tall stature. This could explain why these regions lag behind Europe in terms of average height.

In summary, the study suggests that while overall protein and energy intake are important for height, the type of protein consumed (plant vs. animal) also plays a significant role. Regions with higher consumption of animal proteins, particularly from dairy, tend to have taller populations, while those with diets dominated by

plant proteins or with low protein consumption overall tend to have shorter average heights. You heard that right, the grams of protein that were consumed were similar, but the ones that were consuming animal-based protein were much taller. Why is this? The bioavailability of nutrients in meat is much higher compared to the nutrients in plant foods. I will be getting into this in greater detail later, but just know that plants definitely do contain nutrients… that are bio available to ruminant animals that have evolved to eat plants, not humans. We get our nutrients from animals that are able to get nutrients from plants.

Herodotus

Herodotus was an ancient Greek historian, often referred to as "The Father of History." He lived in the 5th century BCE and is most famous for his work "The Histories," a detailed record of the Greco-Persian Wars and a rich source of information on the ancient world. Herodotus is known for his systematic collection of data and thorough reporting of events and cultures, although his work often blends historical facts with folklore and myth.

One of the many intriguing anecdotes in "The Histories" relates to a conversation between a diplomat from the Persian empire who went down to Ethiopia after Persia had taken over Egypt. In this story, as recorded by Herodotus, the Ethiopian

king inquires about the diet of the Persians and asks, “what do you eat and how long do you people normally live?” The Persian diplomat explains that they eat bread made from wheat or barley, a diet largely based on grains and live up to 70. In response, the Ethiopian king LAUGHED and said, “no wonder you people die at 70 if all you eat is dirt” and suggested that such a diet is the reason for the Persians' shorter lifespans, claiming that Ethiopians live much longer, up to 120 years, and some even longer. So, what did the Ethiopians eat that had their great grandmothers in the triple digit ages still working out in fields and being more active than most sedentary middle-aged people today? Yup, you guessed it…meat. The Ethiopian king explained how they eat lots of boiled meat and only drink milk from their livestock.

Going back to the topic of African tribes, let me tell you about the only study that accurately compares the diet of plant eaters versus meat eaters. The reason I said accurately is because most studies that you hear about today that villainize meat and tell you about all the health benefits people experienced when they cut meat out of their diet are completely flawed (which are always funded by companies that try to sell you veggie burgers or cereal). Almost all of these studies compare the diet of someone who is eating meat in the form of hamburgers, hotdogs, processed cold cuts, and pasteurized dairy to a plant-based diet, where there is zero junk and only consists of Whole Foods. Now, of course I am no advocate for eating plant-based, but if you compare a plant-based diet to a junk diet, it’s pretty obvious that the plant-based diet is going to win from the lack of presence of harmful ingredients, such as seed, oils, refined, sugar, and refined flour, which are usually the main culprits for health issues.

Now in this comparison between diets, it is a true, clean, carnivorous diet being compared to a plant-based one consisting only of whole foods. There are almost 0 studies that have done this.

The Masai and Agikuyu

A study was conducted on the Maasai and Agikuyu tribes which are located in East Africa by the British journal of AMA. Because both tribes live in such close proximity to each other, they're almost genetically identical. However, due to their completely different diets, they have some pretty drastic differences in their physiology. They were alive in same time around the 1920s, in the same area. The timing is important to note because this was a period BEFORE industrial agriculture and crop farming where plants were full of pesticides. This automatically rules out the excuse of the claim that the reason why the agikuyu where so sickly looking and weak was due to the pesticides in their "healthy" plant-based diet, not because the plants are unhealthy.

The Maasai, with their almost exclusively carnivorous diet, are a testament to the sheer force of meat-based nutrition. Consuming mainly meat, milk, and even blood from their cattle, the Maasai have evolved into towering figures, averaging an astounding 5 inches taller than their Agikuyu counterparts. This difference is so pronounced it's almost hard to believe they share the same genetic lineage!

But the surprises don't stop there. The Maasai, fueled by their nutrient-rich diet, boast an incredible 23 extra pounds of lean muscle on average, virtually free of body fat. The visual contrast is startling – the Maasai appear as chiseled embodiments of athletic prowess, while the Agikuyu, whose diet is predominantly plant-based, primarily consisting of maize, beans, and vegetables, have a markedly different physique. The Masai were also a whopping 50% stronger.

The plot thickens when considering brain size. Reports suggest that the Maasai, with their carnivorous diet, have larger brains. The Masai also had very strong jaws and virtually no tooth decay. The same cannot be said about the plant based Agikuyu for they were riddled with chronic diseases and had lots of dental deformities like crooked and decaying teeth. They were also deficient in many vitamins and nutrients as well as being anemic. They were getting infections, diabetes, and a ton of other health complications that the Masai were not.

The British that were conducting the study decided to supplement the plant-based tribe to improve their health conditions. This is similar to how doctors in the western world put their patients on plant-based diets and give them a long list of supplements to take for the missing essential animal nutrients. When the doctors gave supplementation to the kikuyu, there wasn't much difference or improvement

in their health. It was not until they replaced the plants with meat that they improved their health outcomes. Shocker!

And when it comes to longevity and athletic ability, the Maasai seem to have hit the genetic jackpot. Their lifestyle, intertwined with their robust diet, reportedly leads to longer lifespans and superior athletic capabilities. It's almost as if they're from an entirely different world compared to the plant based Agikuyu.

Most studies compare the standard American diet with consists mostly of ultra processed foods with a plant-based diet. They suggest that if you eat plants, you'll be healthier compared to rest of Americans. Well since 70% of Americans are overweight and riddled with chronic diseases, of course you'll be better off even with a terrible plant-based diet when your normal diet consists of chemicals. So, let's sum up what the main differences between these two tribes were again.

- *Masai had larger brains.*
- *Masai we're 50% stronger.*
- *Masai had on average 23 extra pounds of lean muscle mass.*
- *Masai we're on average 5 inches taller.*
- *Masai had straight teeth and strong jaws.*
- *Masai almost never got sick.*
- *Kikuyu had crooked and lots of dental decay.*
- *Kikuyu commonly had diabetes.*
- *Kikuyu constantly got infections.*
- *Kikuyu had lots of chronic diseases.*
- *Kikuyu had many nutrient deficiencies.*
- *Kikuyu we're anemic.*

The Principles of a Real Human Diet

You've probably been raised your whole life to believe that plants are good for you, and that's where you get most of your nutrition from, and that you should eat sweet things, and processed foods as a guilty pleasure in moderation, and that meat is bad for you and to stay away from it And all this other nonsense, which if you read the previous chapter, I exposed the reason for these beliefs. I am about to share with you what the actual human species appropriate diet is if it hasn't been already blatantly obvious via the pile of evidence that I provided

The majority of omnivores, who are not burdened by health complications or dependent on medications, often reach the age of 80-90, which is considered a long life. However, when we delve into our genetic makeup, it's evident that humans are designed to live for at least 120 years. This means that most omnivores are barely surpassing half of their potential lifespan.

The notion that a healthy diet must encompass a "balanced" array of every food group, complete with a kaleidoscope of fruits and vegetables, is frankly quite amusing. It's as if we've forgotten that most animals thrive on a diet focused on just one food group, while humans somehow believe they need to nibble on everything under the sun. In reality, a diet rich in the muscle meat and fat of primarily ruminant animals, with a dash of non-ruminant sources, can supply all the essential nutrients we need, without any shortages. It's high time we chuckle at the absurdity of the so-called "balanced diet" and embrace the advantages of a diet that's a bit more meat centric.

Carbs

Wow, can you believe it? The three main sources of energy in our diet are indeed carbohydrates, protein, and fat. But hold on to your hats, because here's where it gets interesting! While all three provide energy, only two of them, protein and fat, are considered essential nutrients. That's right, essential!

Now, brace yourself for this: the lowest level of carbohydrate intake that is consistent with good health is, drumroll please... exactly zero! Yes, you heard that right! You can be in tip-top shape and not eat a single carbohydrate. It sounds almost unbelievable, doesn't it?

And here's why: if your body needs sugar in the form of glucose, it's got a neat trick up its sleeve. It can whip up its own supply through a process called gluconeogenesis. So, there's no need to rely on carbs for glucose! When we peek into the past and look at some of the old guidelines that suggest you need 130 grams of carbohydrates a day, it's enough to make you raise an eyebrow. Next time you're pondering your plate, remember that when it comes to carbs, your body's got it covered, and they're not as essential as we once thought!
Hold on to your hats, folks, because we're about to debunk a classic myth! You know that old saying about needing 130 grams of carbs a day for your brain to function properly? Well, let me tell you where that little nugget of misinformation came from.It all started with a report from the Institute of Medicine. They did some calculations and figured out that, in a hypothetical scenario where the brain wasn't getting any nutrients other than carbs, it could burn up to 100 grams of

carbohydrates a day. And then, just for kicks, they threw in an extra 30 grams as a safety buffer. But here's the kicker: that scenario is about as realistic as a unicorn sighting!

The truth is, if you're getting enough protein and fat in your diet, your brain can be as happy as a clam running on ketones. Ketones are these nifty little molecules produced when fat is metabolized. In fact, studies show that a whopping 70% or more of the brain's energy requirements can be met by ketones. And as for the rest? Your body's got it covered with good ol' gluconeogenesis, whipping up glucose as needed. So, there you have it! The idea that you need to gobble up carbs for brain health is about as outdated as a rotary phone. Your brain can thrive on ketones, and there's absolutely no need to ingest carbohydrates to be in tip-top shape. Who knew?

I had a tough pill to swallow, one that I dodged like a pro for the longest time: carbs are just a fling, offering fleeting pleasure with no real health benefits. In fact, depending on how much they dominate your life, they can be downright toxic. All that chatter about carbs being loaded with vitamins, minerals, and antioxidants? Pretty much a joke when you stack it up against their not-so-funny side effects. I know, it sounds like I'm pulling your leg, but after gathering a mountain of evidence on their health hazards (against my will, mind you), I had to face the music and ditch my carb crush. And let me tell you, breaking up with carbs was the best thing I ever did. The benefits were so immediate and dramatic, I kicked myself for not dumping them sooner! You might adore fruits (as I did, perhaps a bit too much), but the harsh reality is, they don't love you back.

My introduction to a diet rich in meat came through the guidance of Dr. Paul Saladino, a proponent of an animal-based diet. He emphasized the nutritional value of organ meats and discussed the presence of anti-nutrients in plants, which serve as defensive mechanisms for plant survival but can lead to health issues in humans. I learned that although Dr. Saladino initially followed a strict carnivore diet, he encountered some challenges that led him to adopt a more inclusive animal-based diet. This diet still prioritizes meat but also incorporates a significant amount of carbohydrates and sugars from natural sources. Remarkably, he mentioned consuming up to 300-400 grams of carbs daily, which is an extremely high amount.

The logic behind consuming fruits made sense at first for several reasons:

- Their sweetness makes them more appealing and palatable compared to other parts of the plant which are bitter.
- The bright colors of ripe fruits make them easily noticeable.
- Fruits generally contain fewer anti-nutrients than other plant parts.
- Consuming fruits aids in the dispersal of seeds, ensuring the continuation of the plant species.

Initially, I believed in the merits of a balanced diet that included both meat and plants, convinced that the natural sugars in fruits were a healthier alternative to refined sugars. My diet, rich in natural sugars and honey, did yield some positive results, such as significant body fat loss and other benefits. However, a persistent and discouraging problem remained: my binge eating, particularly with sweet foods and carbs, as well as inflammation and bloating.

I convinced myself that this was a matter of discipline, that I simply needed to resist sugar cravings more steadfastly. But despite my efforts, I would find myself

overwhelmed by an uncontrollable urge to indulge in sweets, leading to episodes of binge eating on pastries, cookies, and chocolate. The temporary high was always followed by a profound sense of guilt and shame, especially given my public stance against such foods.

My diet, which I believed to be beneficial, included:

- Ample amounts of fruit
- A decent amount of honey
- Dairy products with a high carb content
- "Animal-based" desserts like dates and dried fruits
- Artificially sweetened, "zero-calorie" drinks
- "Sugar-free" gum

At times, my consumption would reach extreme levels, such as eating 7 to 8 oranges, two boxes of mixed berries, and three apples in one sitting, binging on these "natural" sweet foods.

Time and time again, I found myself teetering on the brink of my ideal leanness, only to be pulled back into the abyss of binging, watching my hard-earned progress crumble before my eyes. In a moment of sheer desperation, I made a bold decision: to embrace the carnivore lifestyle fully, banishing all sugary carbs from my kingdom because I was aware of its power in ending sugar addiction. The transformation was nothing short of miraculous. I was struck with awe at the profound change in my being. Gone were the days of the insatiable carb monster within me, clawing its way out by week's end, seeking to devour any carbohydrate

in sight. The once overwhelming urge to indulge in sweets and carbs had all but vanished, leaving me in a state of bewildered liberation.

I embarked on a singular journey of consuming just one majestic meal of meat and other animal products per day, ensuring I consumed around 120 grams of protein. Miraculously, my cravings for carbs vanished into thin air. I'll admit, the initial three days posed a mild challenge, yet it required only a sliver of willpower to persevere. By the fourth day, a transformation had occurred. A plate of cookies, that used to be my drug of choice, now sat before me, evoking not a flicker of desire. It was as if I had been unshackled from an insatiable beast, freed from the constant torment of planning meals, anticipating the next binge, and the endless cycle of carb-induced stress.

As many of you are aware, carbs are notorious for trapping excess water in your body. Casting off the carb shackles, I also shed the burdensome water weight. By week's end, as I looked at my reflection, I was struck by a revelation. There I stood, more defined and leaner than ever before, as if by some sorcery. It was a moment of disbelief. Without the pain of a restrictive diet, without the pangs of hunger or dissatisfaction, I had achieved the leanest form of my existence. It was a taste of true liberation that I want all of you struggling with diet getting in the way of your progress to experience.

You won't believe this, but something that was putting the brakes on my progress was my continued consumption of drinks with artificial sweeteners. Yes, I'm talking about adding Stevia to my coffee, chewing sweet gum, and even indulging in the occasional energy drink. I thought they were harmless since they didn't contain actual carbs. Boy, was I mistaken! It turns out that everything that enters

your mouth impacts your gut microbiome, and even that tiny, seemingly insignificant amount of sugar was still fueling my carb cravings. Once I eliminated these from my diet, I hit the jackpot. My desire for anything sweet vanished completely, whereas before, it consumed my thoughts day and night. It's worth experimenting to see how your body responds to different sweeteners. Personally, I've found that using them can sometimes trigger intense cravings for carbohydrates and sweets, so I generally avoid them. However, after reducing my carb intake for a while, I've noticed that I can occasionally enjoy a coffee with some Stevia in it. It's important to remember that Stevia, while a plant-based sweetener, is not necessarily a health food and has been used as a contraceptive. It's better than consuming large amounts of sugar, but it's still important to be mindful of your intake. Try experimenting with sweeteners and low-carb foods to see how your body reacts, and whether they lead to cravings like they do for me.

I would even catch myself watching videos of people eating sweets with intense longing. I used to find it incredibly difficult to resist sweet-tasting foods. This problem doesn't arise with meat and other animal-based products, as they are very effective at activating the satiety hormone, making it nearly impossible to overeat on them.

One of these hormones is called cholecystokinin (CCK), which is released by your intestines when you eat protein and fat. CCK then sends a signal to your brain to reduce hunger and increase feelings of fullness.

Another hormone involved in satiety is leptin, which is released by fat cells and helps regulate energy balance by inhibiting hunger. Protein-rich foods like meat can also help increase the levels of leptin in your body, further promoting satiety.

Additionally, the process of digesting protein itself requires more energy compared to carbohydrates and fats, which can contribute to a feeling of fullness and help you eat less overall. This is known as the thermic effect of food. Yes, you heard that right! Digesting proteins actually burns more calories because it's a more labor-intensive process, thanks to the bioavailable nutrients packed in there, unlike carbs. This is exactly why the whole "calories in, calories out" motto is pretty ridiculous. Imagine consuming 2000 calories of just meat and fat versus a mix of 2000 calories from meat, carbs, and fat. The calorie expenditure would be higher if you were feasting solely on meat and animal products. You'd end up burning more calories through digestion alone, without even stepping up your physical activity. How surprising is that?

Where animal based goes wrong

Initially, the carnivore diet was widely embraced, but the narrative shifted when Paul transitioned to an animal-based diet, which he describes as a modified version of carnivore that includes fruit and honey. He now consumes up to 400 grams of carbs daily, a significant increase that may pose health risks for others if adopted without careful consideration. At first, I embraced this approach and it was my starting point until I encountered some issues. These challenges led me to delve deeper into the literature and understand how our biology responds to carbohydrates. Through this exploration, I realized that the carnivore diet is significantly better and the evidence for it was undeniable.

Revisiting Dr. Paul Saladino, I delved deeper into the reasons behind his complications with the carnivore diet, despite his extensive research and firm belief in its superiority for human health. His issues were caused by:

A) Too much organ meats leading to toxicity
B) Insufficient amount of protein for how active his life style is

Now Saladino highlighted the significance of consuming liver, a highly nutrient-dense meat, but he inadvertently overdid it. In his "what I eat in a day" videos, it's evident that he consumed an excessive amount of liver, including raw liver. While liver is nutrient-rich, cooking meat typically reduces some nutrients, but consuming it raw preserves them all. Additionally, he supplemented his diet with desiccated liver from his own supplement brand. This excessive intake likely led to vitamin A and copper toxicity in his body, underscoring the importance of moderation even in nutrient-dense foods.

In fact, liver is among the most nutrient-dense foods on the planet. Compared to other foods, including muscle meat, liver has very high levels of iron, zinc, vitamin A, folate, and vitamin B12. It also contains healthy doses of selenium, riboflavin (B2), and phosphorus. In fact, liver is so nutrient-dense that you should be judicious about the type and quantity of liver you eat to make sure you don’t consume too much Vitamin A.

Vitamin A is a fat-soluble vitamin, which means your fat cells and liver hang onto it, even if you’ve consumed more than you need. Chicken liver and that of other fowl is lower in vitamin A than beef liver and liver of larger animals, so can be

eaten more and in greater quantity. 12,000 micrograms of vitamin A per day can mean a toxic overload to your own liver, so avoid eating large amounts.

Let's delve deeper into the protein aspect. It extremely easy to under eat on a carnivore diet. Upon revisiting his videos, it's clear that his protein intake was insufficient to support his muscular needs and high level of physical activity. This inadequacy is highlighted in the video where he discusses his blood test results, showing lower testosterone levels on the carnivore diet compared to the animal-based diet. The root of the problem? He was simply not consuming enough protein, instead giving more emphasis to fat in his diet.

Consider his lifestyle: he's an individual with a packed schedule of surfing, skating, and weightlifting almost daily. Coupled with his lean physique, his body has minimal stored fat reserves to draw upon for energy. Consequently, in the absence of adequate dietary protein, his body is forced into a corner, resorting to using its own muscle tissue as a fuel source.

This predicament could be entirely avoided with a sufficient intake of protein. Moreover, his body was likely under stress due to an overall lack of calories, which significantly contributed to the adverse effects he experienced. It's crucial to understand that for someone with his level of activity and leanness, prioritizing protein is not just an option—it's a necessity for maintaining muscle mass and overall health.

Upon examining his appearance during his carnivore phase, one could observe a noticeably more youthful visage. However, two years into adopting an animal-based diet, a marked difference is evident in his more recent videos, where he

appears to have aged significantly, and his skin exhibits increased wrinkling. This transformation serves as a compelling testament to the detrimental effects of sugar on his overall appearance and health, as evidenced by the accelerated glycation process, which is known to contribute to skin aging. The stark contrast between his earlier and later appearances underscores the impact that dietary choices can have on one's physical appearance and underscores the importance of understanding the long-term implications of sugar consumption on the body's aging process.

I believe Paul is an exceptional individual, and I am deeply appreciative of his efforts in enlightening me and countless others about the significance of meat in our diets and the potential hazards posed by anti-nutrients found in many plants. However, I am inclined to think that his initial stance on the detrimental effects of carbohydrates was more accurate. The primary misstep in his approach was the excessive consumption of liver, whereas humans have historically thrived on the muscle meat of animals. A compelling piece of evidence supporting this is the widespread aversion to the taste of liver, which is often described as having a strong metallic flavor. This natural dislike makes perfect sense, considering that overindulgence in liver can lead to copper toxicity. This serves as yet another reminder to trust our bodies' instincts and savor the delectable muscle meats that have been a staple in the human diet for millennia.

But I Need Carbs… Right?

At any given moment, our bodies contain approximately four grams of glucose. This is not a random figure; it is the physiological maximum that our bodies are equipped to handle. This precise amount is all that we need for fueling all

physiological processes, including the vital functions of our brain. It's downright infuriating to see the absurd recommendations flying around about guzzling honey, stuffing our faces with fruits, and piling on the bread for carbs, when our bodies require such a minuscule, specific amount of glucose. What's even more maddening is that we can produce this glucose ourselves, primarily from the meat and protein we consume. So, why the heck are people pushing these carb-loaded foods on us?

The answer is simple, yet frustrating: they have no clue. They're just parroting the same baseless claims they've heard from others, caught in an endless loop of terrible advice. It's like they're stuck on repeat, spouting nonsense without any understanding of our actual nutritional needs. It's high time we cut through the noise and got real about what our bodies truly need.

Now, consider the significance of this number: four grams. That is all your body requires at any one time to operate optimally. The introduction of even one extra gram of glucose into the system can have detrimental effects. This surplus causes an excessive amount of glycation, a process where sugar molecules attach to proteins, which our bodies struggle to manage. Over time, this buildup becomes overwhelming, leading to severe health consequences.

It is this very mechanism that poses a grave threat to individuals with diabetes. The inability to regulate glucose levels leads to an accumulation that the body cannot cope with, ultimately resulting in life-threatening complications. It is imperative to grasp the delicate balance of glucose in our bodies and the potential hazards of exceeding this threshold.

The grim reality is that this seemingly insignificant extra gram of sugar can have catastrophic consequences. It's the reason why some individuals end up with their toes amputated, progressing to the loss of their feet, then portions of their legs, followed by kidney failure, heart failure, and ultimately, a complete breakdown of their health. This is no exaggeration; it's the harsh truth of what that extra gram of sugar can do.

This additional sugar is toxic to our bodies. Our bodies recognize it as a toxin and go into overdrive trying to eliminate it. This involves ramping up insulin production and engaging in high-energy processes to swiftly remove the excess sugar from the bloodstream and store it in fat cells. It's a startling revelation when we consider how our bodies react to plant toxins and sugar in a similar fashion. Despite this, there's a baffling discrepancy in how these substances are perceived. Carbohydrates and sugar, in particular, have somehow been granted a pass in our dietary norms. Instead of being recognized for the toxins they are, they've been normalized to the point of being staples in many diets.

This normalization has had dire consequences. It's not an overstatement to say that this acceptance of sugar as a harmless, everyday ingredient is a driving force behind many of the chronic diseases plaguing society today. From diabetes to heart disease, the fingerprints of sugar are all over the scene. Yet, despite the mounting evidence of its harmful effects, sugar continues to be consumed in alarming quantities, often hidden in plain sight in our foods and drinks. It's high time we peeled back the veil of normalization and faced the bitter truth about sugar and its impact on our health. This is a clear indication that these toxins are harmful; our bodies are desperately trying to detoxify them and expel them. If something is truly beneficial for us, our bodies would welcome it and retain it. The fact that our

bodies are fighting so hard to get rid of these substances is a clear sign that they are not meant to be there.

The shocking truth is that our dietary requirement for exogenous (consumed externally) carbohydrates is ZERO! That's right, I was misled into believing that carbs are our primary energy source, like so many others, but in reality, they are a highly inefficient form of fuel compared to fat. Consider how carbohydrates are the macronutrient most easily over-consumed. For example, I could easily eat three apples, eight oranges, and several bananas in one sitting when I was focusing on eating "healthy" carbs. I could drink sugary drinks endlessly, consume a large loaf of bread effortlessly, or finish an entire bag of chips without difficulty. This is a common issue many people face, often finding it hard to control their intake of carbs.

In contrast, it's much harder to overeat when it comes to animal proteins and fats. The reason is that our bodies have evolved to recognize protein and fat as essential food sources over hundreds of thousands of years. However, our bodies haven't had the same evolutionary experience with carbohydrates. As a result, while carbs can be addictive in taste, they don't provide the same sense of satiation as protein and fat. Historically, we would only come across a small amount of berries or other carb sources occasionally throughout the year. Therefore, while protein and fat are recognized by our bodies as satiating, carbohydrates are not.

Let's break it down mathematically: when your body relies on carbs for energy, you constantly need to replenish your carb supply for short bursts of energy, as carbs provide only 4 calories per gram. In stark contrast, fat offers a whopping 9 calories per gram, which is more than double the energy provided by carbs.

Once you adapt to using fat as your primary energy source, the need for frequent meals every few hours vanishes. You can tap into the abundant fat reserves stored in your body for sustained energy. It seems that our human design, which favors storing fat over glycogen, is a clear indication that our bodies inherently understand the superior energy potential of fat. It's rather absurd, then, that we've been led to believe that carbs are the preferred fuel source.

It's like comparing an iPhone 5 to an iPhone 15. The iPhone 5, much like a carb-dependent body, dies quickly and needs constant recharging every few hours. On the other hand, the iPhone 15, akin to a fat-fueled body, charges in less than an hour and lasts all day. So, if you're still operating like an iPhone 5, thinking that bowl of white rice is giving you energy, it's time for an upgrade. In reality, you're just limiting your energy potential and setting yourself up for a crash, only to find yourself scrounging for more carbs. Meanwhile, you could be feeling great and energized for a long stretch, running on your own body fat, which is, by design, your natural state. Time to switch from the outdated carb model to the sleek, efficient fat-burning model!

So how come we do so good without carbs if we need glucose which is essential to us. Well, like the intelligent design that the human body is, it performs another miracle called gluconeogenesis.

Gluco	Neo	Genisis
Glucose	New	Creating

Gluconeogenesis is a fascinating biological process where your body turns non-carbohydrate sources, like proteins and certain fats such as triglycerides, into glucose. This means that even without consuming carbs, your body has the remarkable ability to create its own carbohydrates from within. The main role of this process is to prevent hypoglycemia, or low blood sugar, ensuring that you maintain stable blood sugar levels between meals and during fasting periods.

What's even more interesting is that nearly all of your body's cells can run on ketones, which are the energy units produced when your body burns its own fat due to a lack of carbohydrates. However, there are a few exceptions. Some cells in your eyes and specific areas of your brain still require glucose to function properly (which your body is perfectly able to create the exact amount needed) but the majority of your brain cells and red blood cells are more than happy to use ketones as their primary fuel source.

So, in essence, if your body ever needs carbohydrates, it has the incredible ability to make its own from protein or certain fats, ensuring that you always have the energy you need which is actually your PRIMARY metabolic rate that humans were originally designed to run on.

This study titled “Gluconeogenesis and PEPCK are critical components of healthy aging and dietary restriction life extension” says:

“High glucose diets are unhealthy, although the mechanisms by which elevated glucose is harmful to whole animal physiology are not well understood. In Caenorhabditis elegans, high glucose shortens lifespan, while chemically inflicted glucose restriction promotes longevity. We investigated the impact of glucose

metabolism on aging quality (maintained locomotory capacity and median lifespan) and found that, in addition to shortening lifespan, excess glucose negatively impacts locomotory healthspan. Conversely, disrupting glucose utilization by knockdown of glycolysis-specific genes results in large mid-age physical improvements via a mechanism that requires the FOXO transcription factor DAF-16. Adult locomotory capacity is extended by glycolysis disruption, but maximum lifespan is not, indicating that limiting glycolysis can increase the proportion of life spent in mobility health. We also considered the largely ignored role of glucose biosynthesis (gluconeogenesis) in adult health. Directed perturbations of gluconeogenic genes that specify single direction enzymatic reactions for glucose synthesis decrease locomotory healthspan, suggesting that gluconeogenesis is needed for healthy aging."

In simple terms, this research is saying that diets high in glucose (sugar) are unhealthy and can shorten lifespan and reduce the quality of life as we age. Remember that ALL carbs turn into sugar in your body and that there's no such thing as healthy carbs. In the study on the worm Caenorhabditis elegans, it was found that high glucose levels not only shorten lifespan but also negatively affect the worm's ability to move around (locomotory healthspan). On the other hand, reducing glucose levels in the body by disrupting the process of glycolysis (breaking down glucose for energy) leads to improvements in physical health in mid-life. This improvement is linked to the activity of a specific protein called DAF-16.

The study also looked at the process of gluconeogenesis, which is the body's way of making glucose. It was found that disrupting this process negatively affects the worm's ability to move around, suggesting that gluconeogenesis is important for

healthy aging. Increasing the activity of a key gene involved in gluconeogenesis, called pck-2, leads to better health, and this effect also depends on the DAF-16 protein.

So, to sum it up, although you've been told that certain fruits are good for you, the truth is they're not as great as you think. Thanks to all the genetic modifying they've gone through to boost their sugar content and make them taste much sweeter, they've turned into sugar bombs! Believe it or not, fruits didn't use to be this sweet before human intervention; they pretty much tasted like vegetables. And guess what? They all turn into the same sugar in your body, which speeds up aging, fuels your carb addiction, and doesn't offer many benefits. So, if you do decide to include carbs in your diet, just know that you're doing it for the pleasure, not for health. It's like how some of us drink coffee, even though it's a stimulant drug, or how some people smoke cigarettes. Fruits and carbs are in the same boat, except they have a much stronger impact on your fat utilization abilities, leaving you dependent on external carbohydrates for energy instead of being able to use your own fat the way you're supposed to.

Gluconeogenesis Mechanics:

- **Definition:** Gluconeogenesis is a metabolic pathway that results in the generation of glucose from certain non-carbohydrate carbon substrates. It is one of the key mechanisms used by the body to maintain blood glucose levels.
- **Precursors:** The main precursors for gluconeogenesis include:
- **Glycerol:** Glycerol is a three-carbon molecule that forms the backbone of triglycerides (triacylglycerol molecules), which are the main form of

stored fat in the body. When triglycerides are broken down for energy, glycerol is released and can be converted into glucose in the liver.

- **Amino Acids:** Certain amino acids, particularly alanine and glutamine, can be used as substrates for gluconeogenesis. These amino acids can be derived from the breakdown of proteins in the muscles and other tissues.
- **Lactate:** Lactate, produced during anaerobic metabolism (e.g., intense exercise), can be transported to the liver and converted back into glucose through gluconeogenesis.
- **Process:** In the liver (and to a lesser extent in the kidneys), the glycerol and other precursors undergo a series of enzymatic reactions to produce glucose. This newly synthesized glucose can then be released into the bloodstream to be used as energy by various tissues, including the brain and muscles.
- **Regulation:** Gluconeogenesis is tightly regulated by hormonal signals, primarily insulin and glucagon, in response to the body's energy needs. For example, during fasting or low carbohydrate intake, glucagon levels increase, stimulating gluconeogenesis to ensure a continuous supply of glucose.

Fruit is Not your Friend

In a world where we've been led to believe that fruit is nature's candy, a harmless indulgence, the truth is far more dramatic. Humans, by their very design, are programmed to store fat when they feast on fruit. The modern epidemic of Non-Alcoholic Fatty Liver Disease (NAFLD) is a stark testament to the consequences of excessive fruit and carbohydrate consumption.

The idea of daily fruit consumption is nothing short of madness. For the vast majority of our evolutionary history, spanning over five million years, neither

humans nor their ancestral species indulged in fruit on a daily basis. Even in the lushness of the tropics, fruit was never an all-year-round, ever-present bounty.

The stark reality of our biological heritage is laid bare by the dramatic reduction of visceral fat - the very fat entwined with NAFLD - through the practice of alternate day fasting. This striking transformation is a clear signal: it is the rampant consumption of sugar, masquerading in the guise of innocent fruit, that is the true villain in this tale.

Fructose is considered an "obesogen" not merely because of its calorie content but due to its unique metabolic pathway and its impact on the brain. While both glucose and fructose contain calories, and glucose stimulates insulin release which can drive weight gain, fructose poses a distinct set of challenges. Here's why fructose is more concerning than glucose when it comes to obesity and metabolic diseases like diabetes.

Unlike glucose, which is metabolized by various organs throughout the body, fructose is primarily processed in the liver. This organ-specific metabolism means that fructose can bypass the normal regulatory mechanisms that control energy balance and appetite. When consumed in large amounts, fructose can lead to an overload in the liver, promoting the conversion of fructose to fat, a process known as lipogenesis. This fat can accumulate in the liver, contributing to non-alcoholic fatty liver disease (NAFLD), and be released into the bloodstream, increasing the risk of obesity and other metabolic disorders.

Fructose is metabolized in the liver, which means that when you consume a fructose-rich beverage, like a 20-ounce Coke, all of that fructose heads straight to

the liver. In contrast, glucose can be utilized by various organs throughout the body. So, gram for gram, fructose puts more stress on the liver than glucose does, as it's the primary organ responsible for processing fructose, thanks to the presence of the GLUT5 transporter, which is specific to fructose.

Once fructose arrives in the liver, it undergoes a different metabolic pathway compared to glucose. While glucose can be used directly for energy or stored as glycogen, fructose is more likely to be converted into fat through a process called lipogenesis. This can lead to an accumulation of fat in the liver, contributing to conditions like non-alcoholic fatty liver disease (NAFLD). Additionally, this process can lead to the production of uric acid, which can contribute to gout and elevated blood pressure.

Every liver stores some glycogen, and athletes like marathon runners often have higher levels because they consume high-carbohydrate foods like pasta to specifically boost their liver glycogen stores. This is a desirable place to store excess energy because glycogen, for lack of a better term, is non-toxic.

However, the story is different for fructose. There is no direct pathway for fructose to be converted into glycogen. Instead, fructose is metabolized through a different pathway, leading it down to the mitochondria through the glycolytic pathway.

Once fructose is metabolized to acetyl-CoA, it then enters the mitochondria, where it is burned through the Krebs cycle to generate carbon dioxide, water, and ATP, with the ultimate goal being the production of ATP. However, fructose can overwhelm the mitochondria because they have a fixed maximum velocity (Vmax), meaning the cycle can only turn so fast. The only way to increase the

speed of the cycle is to have more mitochondria. This is one reason why exercise is beneficial, as it leads to the production of more mitochondria, enhancing the body's capacity to metabolize energy substrates. So while exercise is undoubtedly good, it's important to note that an excessive intake of fructose can still overload the mitochondrial capacity, leading to metabolic issues.

A mitochondrion has its limits. It's not like you can just push it to work harder or faster beyond its capacity. When you overwhelm a mitochondrion with an excessive load, such as too much acetyl-CoA from fructose metabolism, it can't handle it efficiently. As a result, the mitochondrion ends up sending out a compound called citrate through a process known as the citrate shuttle.

Once citrate leaves the mitochondrion and enters the cytosol of the cell, the cell needs to deal with this excess citrate. What happens next is that the cell takes the citrate and converts it into another acetyl-CoA to form malonyl-CoA. The cell then starts adding two-carbon fragments onto that malonyl-CoA, building it from a two-carbon string to a 16-carbon string, which we call palmitate. The liver primarily produces palmitate through a process known as de novo lipogenesis, which literally means "new fat making." This is the pathway through which your liver converts sugar, particularly fructose, into fat in the form of palmitate.

Once palmitate is synthesized, the goal is to package it in a form that can be exported out of the liver. The palmitate is then added to a glycerol molecule to form a triacylglycerol, also known as a triglyceride. This triglyceride is then packaged with apolipoprotein B-100 (APOB100) to form a lipoprotein particle called very low-density lipoprotein (VLDL), which is often referred to as the "bad" cholesterol. This VLDL is then exported out of the liver and into the bloodstream,

causing an increase in serum triglycerides due to the excessive consumption of sugar.

Once in the bloodstream, the VLDL can contribute to obesity, as insulin can act on the VLDL to deposit it in the peripheral subcutaneous tissue, leading to the growth of fat stores. If VLDL unloads in the arterial wall, it can contribute to cardiovascular disease. However, not all of the triglyceride is successfully packaged and exported. Some of it remains within the liver, leading to the formation of lipid droplets and, ultimately, fatty liver disease.

When fatty liver disease develops, insulin signaling in the liver cells becomes impaired. This condition is known as liver insulin resistance. As a result, the pancreas is forced to produce more insulin to compensate and ensure that the liver performs its functions properly. However, this overproduction of insulin has its own negative side effects. Insulin is a mitogenic factor, meaning it is a growth factor that can promote Vascular smooth muscle growth and glandular growth, which can lead to cancer. Consequently, excessive insulin production increases the risk of coronary vascular disease and cancer, making it a primary driver of chronic metabolic diseases. Furthermore, the excessive demand placed on the pancreatic beta cells to produce insulin can lead to their eventual burnout, resulting in type 2 diabetes. But that's just one aspect of the problem; there are three key issues to consider when examining the impact of fructose on metabolic health.

Professor Bart Kay is a distinguished scientist with an impressive track record of teaching various aspects of physiology, anatomy, biochemistry, metabolism/nutrition, and research design/statistics since 2001, both in the UK and in Australasia. His expertise extends to critically examining studies and debunking

those that present inaccurate information about human physiology. As an expert in epidemiology, Professor Bart Kay is also a proponent of a carnivorous diet, supported by a mountain of evidence that underpins his reasoning for this dietary choice. His accomplishments and qualifications make him a highly respected figure in the scientific community. In an interview, Professor Bart Kay shared insights that can be considered as golden knowledge in the field of human physiology and nutrition.

The human body has been shaped by millions of years of evolutionary forces, both positive and negative, which have refined our traits to enhance our survival while eliminating those that are energetically wasteful. Over time, those characteristics that improve our ability to thrive in our environment are naturally selected and become more prevalent in the population. This evolutionary process ensures that we are continually evolving to meet the challenges of our surroundings, enhancing our overall survival rates. This natural design has tailored human beings, like all other species on the planet, to have a diet specific to our needs. Whether it's the dietary habits of cats and dogs, the unique feeding patterns of platypuses, or the grazing of sheep, cows, and bison, every creature, regardless of sex, adheres to a diet that is intrinsic to its species.

However, we are the only animal that we’re aware of, that stops to deliberate over what to eat and manufacturing our own food. This is in stark contrast to every other animal that instinctively consumes its appropriate diet nature intended for them because it’s hard wired in their brain (kind of like how the colors red and yellow stimulate hunger in humans because red fatty meat is hard wired for consumption by us).

While we have advancements in language, technology, and society, our diet is largely based on inventions of our own making, and it’s the furthest thing from from the natural design possible. This deviation from nature's design is perhaps the most extreme among all species on Earth.

The natural dietary blueprint for humans is consuming muscle meat, along with the fat that naturally accompanies it. Muscle meat is a crucial component of our diet, providing essential nutrients and energy for optimal health. While organ meats are packed with nutrients, they are not indispensable and can be potentially harmful due to their toxicity, as indicated by the unpleasant metallic taste they often leave in our mouths.

The heart is an exception, as it is comparatively less toxic, and I suggest taking desiccated liver supplements sparingly, every few days. It's important to consider the proportion of an animal's liver to its overall size; when consuming an animal, the bulk of our intake should be muscle meat, with only a small fraction being the organ. Therefore, while organ meats can offer some benefits, it's crucial to prioritize muscle meat in our diet and not overindulge in organ meats.

It's downright astonishing, but our natural dietary blueprint is heavily skewed towards large ruminant animals, with a whopping 80% of our diet ideally consisting of beef, while the remaining 20% is made up of other animals like chickens, fish, etc. This balance is what our bodies are designed for, offering us the best shot at optimal health from a nutritional standpoint.

But here's the shocker: even the slightest bit of plant material can wreak havoc on this finely-tuned system. And when it comes to fructose, the sugar found in fruit,

the story takes an even more surprising turn. For millions of years, our species has been a self-sustaining sugar factory, producing all the carbohydrates and sugars we need to survive. We require a specific amount of glucose in our bloodstream for survival, and only a minimal amount of fructose, which we can obtain from various meat tissues. The body is capable of synthesizing these sugars from non-sugar precursors, highlighting just how little external fructose we actually need. This revelation underscores the critical importance of adhering to our natural dietary design for maintaining optimal health.

Whenever you introduce extra sugar into your diet, it inevitably leads to a spike in your blood sugar levels, every single time. This is because our bodies are not engineered to handle sugar consumption, especially not repeatedly throughout the day, every day of the year. Sugar inflicts direct harm on our tissues, causing physical damage. It binds to proteins and fat molecules in a process known as glycation, where sugar attaches to the structure of proteins or fats, chemically altering them and causing damage.

Let me repeat that, sugar will alter in change your cell structure and your DNA. This is the reason that individuals that are overweight and over-consume sugar end up having distorted faces and weirdly shaped bodies. I noticed myself that whenever I consumed an excess amount of sugar, my face would start distorting, not just from inflammation, but my features would look unproportionate and ugly, and I could see the difference for myself.

We need to grasp a critical point that Paul Saladino overlooked: fructose is a silent assailant, inflicting seven to ten times more immediate damage to our tissues than glucose. The perils of elevated blood glucose are widely acknowledged; it's an undisputed fact that it wreaks havoc on our bodies. But here's the terrifying truth: an increase in fructose levels is seven to ten times more catastrophic. When you recklessly consume hundreds of grams of sugar through fruits and honey, indulging in these unnecessary and harmful carbohydrates, you're essentially poisoning yourself. Think about it: why does your body go into overdrive, pumping out insulin to restore your sugar levels to a safe equilibrium? It's a desperate attempt to detoxify and shield you from the self-inflicted harm. Beware, the sweet temptation is a treacherous trap!

For the vast majority of human existence on this planet, most of the planet has been frozen over and covered by sheets of ice miles thick. There’s been very very little vegetative plant material available to humans from which we can gain any nutrition at all for many many hundreds of thousands of years.

The process of positive and negative selection has intricately shaped our bodies, organ systems, and metabolic pathways to be perfectly suited for the consumption

of muscle meat and the accompanying fat from large ruminant animals. Interestingly, it appears that 98% of animal species on Earth are edible for humans, while 98% of plant species are inedible and, in fact, potentially poisonous and lethal. A significant number of these plants contain anti-nutrients, toxins, and defense chemicals specifically designed to deter animals from consuming them, posing overt and problematic toxic threats to our health.

It's a shocking revelation to discover that even the seemingly harmless plants, those that aren't outright deadly, have been dramatically transformed by centuries of selective breeding and farming by humans. They've been so altered from their original state that they're practically unrecognizable! You might already be familiar with the term GMOs, short for genetically modified organisms, and the advice to opt for GMO-free foods. Let me explain why they can be problematic and why you should steer clear of them, especially considering that a significant portion of the produce you consume is likely genetically modified. The following insights from the Center for Food Safety.org shed some light on the issue:

"We need to sound the alarm on the potentially hazardous impacts of genetic engineering, a technology that transcends the boundaries of traditional breeding. Imagine "fishberries" – a concept as absurd as it sounds, made possible through genetic engineering, allowing for the creation of such unnatural organisms and their release into our environment. Despite warnings from FDA scientists about the unique risks posed by genetic engineering, the FDA continues to downplay these concerns.

Alarmingly, the 170 million acres of genetically engineered (GE) crops grown in the U.S. offer little to no benefit to consumers; their primary purpose is to line the

pockets of biotech companies. These GE crops, including corn, soy, sugar beets, and cotton, are designed to withstand increased pesticide use or produce their own pesticides, leading to a surge in herbicide usage. Monsanto's Roundup-Ready crops, for example, have led to a two to fivefold increase in herbicide use compared to non-GE farming methods.

The repercussions of GE crops extend beyond just increased chemical use; they pose a grave threat to sustainable agriculture. The natural pesticides used by organic farmers are at risk of becoming ineffective as insects develop resistance due to exposure to GE crops. This could leave farmers with no choice but to resort to even more toxic chemicals to combat these "superbugs."

Shockingly, neither the FDA, USDA, nor EPA has conducted any long-term studies on the human health or environmental impacts of GE foods and crops. The biotech industry operates on an honor system, with minimal requirements to prove the safety of their technology. There are concerns about GE foods introducing new allergens, increasing plant toxin levels, and accelerating the spread of antibiotic-resistant diseases.

It's a disturbing reality that no long-term studies have confirmed the safety of GE foods and crops, yet our environment and families are being used as experimental subjects. Doctors worldwide have raised concerns about potential health consequences that may emerge over time. Laboratory and field evidence already indicates that GE crops can harm beneficial insects, damage soils, and lead to the contamination of neighboring crops, creating a potential nightmare scenario of uncontrollable weeds. The lack of regulatory oversight and the absence of

comprehensive safety assessments make the widespread adoption of GE crops a cautionary tale that we cannot afford to ignore."

Take fruits, for example – what we enjoy today is nothing short of a human invention, a far cry from their wild counterparts. And yet, these modern fruits are laden with sugar, posing a hidden threat to our health in the long run.

But the surprises don't stop there – many of the plants we consume today are still teeming with toxins like oxalates, phytates, tannins, deadly nightshades, lectins, and more. It's a startling reminder that the plant world is not as benign as it may seem, and that our modern diet is fraught with potential dangers lurking in every bite.

It's shocking to realize just how little fruit was available to our ancestors! Humans have demonstrated incredible adaptability and resilience, surviving for hundreds of thousands of years, even when hunting was unsuccessful. But when it comes to fruit, there were only a few precious weeks each year when we could indulge in wild berries and other natural treats, which were nothing like the abundant, modern berries we have today. These fleeting moments of fruity delight were short-lived, and then, just like that, they were gone until the next year, leaving us no choice but to return to the hunt for sustenance. This is a reminder of how different our dietary intake of fruit was originally before metabolic disorders seem to plaque so many people today.

Large ruminant animals have an incredible ability to survive in harsh conditions, such as ice and snow. They manage to forage for whatever shrubs and bits of grass

they can find, which might seem meager but are crucial for their survival. These plants are not just food; they serve a more important purpose. They are used to cultivate bacteria in the animals' digestive systems, and it's these bacteria that provide the majority of their nutrition.

Even in modern times, this misunderstanding persists about cows. Many people believe that cows get their nutrition directly from eating grass, but that's not entirely accurate. In reality, cows chew up grass primarily to feed the bacteria in the first three of their stomachs. It's in the fourth stomach where the magic happens: the bacteria are doused with acid, and it's these bacteria that the cow absorbs for nutrition. It's a fascinating and complex process that highlights the incredible adaptability of these animals to their environments.

It's quite astonishing, but cows actually live on bacteria, not grass. The grass they consume is merely a vehicle to nurture the bacteria in their digestive systems. After being chewed up, the grass is expelled out the back end, providing minimal nutritional value to the cows themselves. It's a common misconception that cows derive their nutrients directly from grass.

This process has been crucial for humans as well. We've historically taken advantage of the fact that these animals convert the protein from grass into a form that's usable for us: meat. This was the natural design for human consumption. Unlike cows, humans are not equipped to eat plants as a primary food source. Our digestive systems lack the fermentative gut system needed to break down plant material effectively. We don't have a four-chambered stomach or a functioning cecum, and the bacteria in our colon can only break down a very small amount of

fiber, providing us with a minimal amount of short-chain fatty acids. It's clear that our bodies were not designed to thrive on a plant-based diet.

Most of the fiber we eat just goes in one end and out the other, almost immediately followed by lots of awful smelling farting. It's like our bodies are saying, "Nope, not today, fiber!" What little we do get from plants is a smidge of carbohydrates in the form of starch or sugar, maybe a couple of those fancy-sounding phytonutrients, which, as it turns out, might not even be necessary for us. And let's not forget the generous serving of toxins, pro-inflammatory nasties, and gut-wrenching chronic inflammation. All because we've got a bit of an ego problem, thinking we're smarter than nature, believing we can whip up foods in a lab that are somehow better for us than what nature has laid out on its grand buffet: the muscle meat and fat of animals. It's like we're culinary rebels without a clue, turning our backs on nature's feast for a plate of indigestible roughage.

Anti oxidants in fruit

Plants contain antioxidants for two primary purposes. Firstly, these antioxidants serve as a protective mechanism for the plant itself, preventing oxidation and damage from free radicals and other environmental stressors. This is a crucial aspect of the plant's defense system, ensuring its survival and health.

Secondly, these antioxidants can also function as anti-nutrients. This means they are capable of binding to nutrients within the plant, making them less available or inaccessible to animals that consume the plant. This mechanism is a strategic way for the plant to deter herbivores and protect its vital resources, ensuring that animals cannot easily extract and benefit from the nutrients the plant contains.

Before the advent of modern technology, the agrarian revolution, and the Industrial Revolution, human beings lived in a much more grounded way. We were in direct contact with nature, walking barefoot on the ground, sleeping on the earth, and being electrically connected to the planet. This connection to the earth was normal and natural for our bodies, which evolved over hundreds of thousands and even millions of years to thrive in this way.

However, with the introduction of electricity to power our homes, we needed to insulate our houses electrically to ensure safety and efficiency. This marked a significant shift in our relationship with the earth. Furthermore, the discovery of rubber, a material used in the soles of our shoes and the tires of our cars, further distanced us from that direct connection to the ground. Rubber is an insulator, which means it prevents the flow of electrical energy between our bodies and the earth. This change in our living environment and habits has had profound implications on our health and well-being, as we've lost that natural electrical connection that was once an integral part of human life.

In the last couple of hundred years, our lives have undergone a drastic transformation, leading to a complete disconnection from the planet. Historically, the natural antioxidant activity in animals, including humans, was facilitated by direct contact with the ground. Oxidation is a process where electrons are removed from structures like proteins, and free radicals can steal electrons, causing damage to proteins, cell organelles, membranes, and tissues. This results in oxidation, where the substance is left with one less electron than before, leading to chemical changes and damage.

Vitamin C is an example of an antioxidant that works by donating an electron to the damaged tissue, thereby repairing it. Once vitamin C donates an electron, it becomes deactivated but can be reactivated by acquiring another electron through different mechanisms. This process is a crucial part of the body's defense against oxidative damage. However, our modern lifestyle, characterized by a lack of direct contact with the earth, has disrupted this natural antioxidant mechanism, potentially contributing to increased oxidative stress and related health issues.

It is imperative to understand that the antioxidants typically associated with plant sources are not the sole means of acquiring these crucial compounds. Firstly, a significant portion of your antioxidant intake should come from grounding, or direct contact with the earth's surface. This process enables the absorption of electrons from the earth into your body, effectively replenishing your electron supply and neutralizing free radicals. Secondly, it is essential to recognize that your body is capable of producing its own antioxidants, which are primarily protein-based structures. Therefore, the daily necessity for plant-based antioxidants is, in fact, non-existent. This is by design; you are not meant to rely solely on plant sources for your antioxidant needs. Instead, grounding and your body's natural

production of antioxidants are the primary means of maintaining antioxidant balance.

Insulin

Let's delve into the topic of insulin and its relationship with carbohydrates. Again, remember that ALL carbs and sugars turn into glucose in your body so there are no “good/bad” carbs. You may be familiar with the term "insulin resistance," a condition that has become increasingly prevalent in recent times. However, there seems to be a lack of understanding regarding its true causes and how to effectively treat it. Many people believe that insulin resistance is a condition that simply arises spontaneously, attributing it to genetic predisposition. It's time to uncover some truths and dispel common misconceptions surrounding this issue.

In an intriguing study, a substance with a sweet taste was introduced into the mouth of a cycling athlete, who then swished it around and spat it out. This solution contained no carbohydrates; it was sweetened with a non-caloric artificial sweetener. The mere perception of sweetness triggered a response in the athletes' brains, leading to the release of insulin in anticipation of the expected glucose influx. This phenomenon is known as the cephalic phase insulin response.

Further research indicates that even non-taste-related stimuli, such as watching a television commercial featuring appetizing food or smelling a delicious dish, can cause insulin levels to rise, even though no food has been consumed. In the specific study mentioned, saccharin was used as the sweetener. Despite containing

no sugar, carbs, or calories, the athletes' insulin levels still increased in anticipation of sugar intake.

Imagine you're out in the wild, exploring, and you stumble upon some delicious, sweet berries. Your mouth waters, and guess what? Your body is already one step ahead! It's like your body is throwing a mini-party, sending out invitations in the form of insulin, getting ready for the sugar rush that's about to come. This is all thanks to the cephalic phase insulin response.

Your body has this mechanism, kind of like a secret handshake, where insulin acts as the key to open up your cells. It's like telling your cells, "Hey, make room, we've got some glucose coming in!" This is where the GLUT4 transporter comes into play, acting like a VIP escort for glucose, guiding it from the bloodstream into the cells. The level of glucose in your bloodstream is meticulously regulated by your body, and it goes into high alert whenever external sources of glucose enter the system. In response, your body shifts its focus and works diligently to produce insulin, which helps clear the glucose from your bloodstream and transport it into your cells for use or storage.

When a cell already has sufficient energy stored within its cytoplasm, introducing a high concentration of glucose can lead to detrimental effects. Excess glucose within a cell can disrupt lipid rafts, damage cellular organelles, bind to DNA causing mutations, and at extreme levels, it can even be lethal to the cell. Glucose, despite being essential for life at physiological levels, becomes toxic and harmful when present in excess.

The human body is equipped with mechanisms to maintain blood glucose levels within a narrow, optimal range. One such process is gluconeogenesis, where the body synthesizes glucose from non-carbohydrate sources, ensuring that blood glucose levels remain balanced without the need for dietary carbohydrates. In fact, the dietary requirement for carbohydrates in humans is essentially zero.

When you consume carbohydrates from external sources, particularly in excessive amounts, you are introducing a potential disruptor to your body's finely tuned balance. It's like pouring an unnecessary and potentially harmful substance down your throat, challenging your body's ability to regulate its internal environment.

When you consume carbohydrates, they are quickly absorbed into your bloodstream, leading to an increase in blood glucose levels. In response, your body releases insulin to facilitate the transfer of glucose from the blood into your cells. Under normal conditions, between meals, your bloodstream should contain only about a teaspoon of sugar. However, after consuming a meal rich in carbohydrates, the concentration of glucose in your blood can significantly exceed this amount.

Your cells, especially muscle and heart cells, have a limited capacity for storing glucose. When they become saturated with glucose, a metabolic process known as the Randle cycle is activated. This cycle plays a crucial role in managing the excess glucose and maintaining energy balance within the cells.

An overload of glucose inside your vital cells can disrupt their normal functioning and lead to various metabolic issues. Excessive glucose can be detrimental not only to your liver cells but also to other vital cells in your body. High levels of glucose in the bloodstream can cause damage to red blood cells through a process known

as glycation. This damage is quantified by a measure called Hemoglobin A1C (HbA1C), which reflects the extent of glucose-related damage to red blood cells.

Furthermore, glucose can harm the epithelial cells lining your blood vessels, leading to atherosclerosis, which is the buildup of fatty deposits in the arteries. This, in turn, can trigger chronic systemic inflammation and increase the risk of developing type 2 diabetes, which may eventually progress towards type 1 diabetes. It can also lead to autoimmune dysfunction and a host of other health issues.

However, when faced with an excess of glucose, the body prioritizes protecting certain cells over others. Muscle cells and heart cells, which are more difficult to replace, are spared at the expense of red blood cells and epithelial cells, which can regenerate more quickly. This is a protective mechanism to minimize long-term damage, but it underscores the importance of maintaining balanced blood glucose levels to prevent harm to various cell types and avoid a cascade of health problems.

When it comes to protecting vital cells like those in the liver and heart, the body employs a clever mechanism known as the Randle cycle. Here's an analogy to help illustrate how it works: Imagine an old-fashioned lock with a long, forged key that has a distinct shape at one end and a ring at the other. To unlock it, you have to insert the key and turn it. Now, picture a lock with keyholes on both sides.

The Randle cycle functions like placing a key on the inside of such a lock and turning it halfway. This action prevents anyone from inserting a key from the outside to unlock the door, thereby blocking additional sugars from entering the cell. When a cell is already full of energy and doesn't require more sugar, this

internal safeguard is activated. It effectively turns off the GLUT4 transporter, preventing further glucose from entering the cell and causing damage.

This protective measure prioritizes the preservation of more critical cells, such as muscle and heart cells, at the expense of more expendable ones like red and white blood cells. These "sacrificial lambs" can be replaced more easily, allowing the body to maintain overall health and function despite the presence of excess glucose in the bloodstream.

Type 1 diabetes, Type 2 diabetes, Type 1.5 diabetes (also known as Latent Autoimmune Diabetes in Adults or LADA), and Type 3 diabetes (a term sometimes used to refer to Alzheimer’s disease as a form of diabetes affecting the brain) are all modern health concerns. While the underlying causes of these conditions vary—ranging from insulin dependence to insulin resistance—the common thread among them is the same pathological phenomenon: elevated blood glucose levels, not necessarily elevated insulin levels.

Many of the health conditions that people encounter come with complex-sounding labels. Take "insulin resistance," for example. Despite its name, the real culprit isn't insulin itself. Instead, the root of the problem lies in elevated glucose levels, which stem from consuming more carbohydrates than one's body can handle. As a result, the body struggles to produce enough insulin to effectively clear the excess sugar from the bloodstream and shuttle it into the cells for storage. It's a classic case of a misleading name diverting attention from the true issue at hand.

In summary, when a cell is exposed to excessive glucose, it activates a protective mechanism to prevent further glucose from entering, rendering insulin ineffective

in "unlocking" the cell, regardless of how much insulin is produced. This protective response is a natural and normal part of the body's defense system. However, the medical establishment has labeled this phenomenon as "insulin resistance," viewing it as a pathological condition that needs to be remedied.

Ironically, this occurs in a context where a high-carbohydrate diet is often considered healthy and standard. The conventional approach seems to miss the mark. To prevent the activation of the cell's defense mechanism, a shift towards a low-carbohydrate or even a zero-carbohydrate diet may be a more logical solution, addressing the root cause rather than just the symptoms of insulin resistance.

Glycation: Carbs/Sugar are a Toxin

It's absolutely infuriating to hear people casually dismiss the dangers of sugar, preaching that everything, including carbs and sugar, should be consumed in moderation. The moment someone utters such nonsense, you can be sure they're utterly clueless about the havoc sugar wreaks in our bodies and the severe damage it inflicts on our health. What's worse, these individuals, particularly on social media, seem to revel in dishing out horrendous advice, like encouraging people to indulge in sugar cravings under the guise of maintaining 'balance.' It's as if they take pleasure in cultivating an audience of helpless followers who, instead of seeking genuine healing, willingly succumb to their sugar addiction. It's a disgrace, and it's high time we call out this reckless behavior for what it is.

It's maddening to see people hang on every word of a so-called "nutrition expert" or "registered dietitian" who tells them it's okay to indulge in cookies and brownies daily, as long as it's in moderation. It's a farce! They cling to this advice like a

lifeline, using it to justify and feel less guilty about the harm they're doing to their bodies. What a complete and utter joke! If managing sugar intake in moderation were truly that simple, we wouldn't be facing a national health crisis where 70% of Americans are overweight, nearly a third are on the brink of diabetes, and a slew of other prevalent health issues are directly linked to excessive consumption of carbs and sugar. It's a disgrace, and it's high time we stop sugarcoating the truth about sugar.

Some people defend their sugar consumption with anecdotal evidence, claiming that some individuals consume vast amounts and appear to be just fine. It's as absurd as pointing to centenarians who smoke and drink daily as examples of healthy living. The truth is, sugar and carbs, which are converted into sugar in our bodies, are like a dose of micro poison every time we ingest them. This is not mere speculation; it's a scientific fact known as glycation. It's time we stop deluding ourselves and recognize the real damage sugar is doing to our bodies. It's a serious issue, and it's about time we start treating it as such.

I'm genuinely shocked by the universal revelation many people have when they cut carbs from their diet or switch to a carnivore lifestyle. They often encounter someone they haven't seen in a while, who can't stop raving about how much younger and more youthful their skin appears compared to just a few years ago, especially for those in middle age. The critical factor behind this premature skin aging is something known as advanced glycation end products (AGEs).

But hold on, skin aging is just the tip of the iceberg! As we all know, sugar is a culprit behind a myriad of health issues. However, we're focusing on the most visible and striking change that people notice when they ditch sugar from their

diet. Just to give you a taste of the havoc sugar wreaks, let's touch on a few of its damaging effects. Indeed, the damaging effects of sugar extend far beyond what many realize:

1. Sugar in your eyes is glaucoma: Excessive sugar intake can lead to increased eye pressure, contributing to the development of glaucoma, a condition that can result in vision loss.

2. Sugar in your blood is diabetes: High levels of sugar in the bloodstream are a hallmark of diabetes, a chronic condition that can lead to serious health complications if not managed properly.

3. Sugar in your body is cancer: Research suggests that high sugar consumption can increase the risk of certain types of cancer, as it can fuel the growth of cancer cells.

4. Sugar in your brain is Alzheimer's and dementia: Excessive sugar intake has been linked to an increased risk of Alzheimer's disease and other forms of dementia, possibly due to its effects on brain inflammation and insulin resistance.

5. Sugar in your teeth is cavities: Sugar is a well-known culprit in the development of dental cavities, as it feeds the bacteria in the mouth that produce acid, leading to tooth decay.

6. Sugar in your liver is non-alcoholic fatty liver disease (NAFLD): Consuming too much sugar, especially fructose (fruit sugar), can lead to a buildup of fat in the liver, potentially progressing to liver inflammation and scarring. This is something

that old alcoholic and then used to experience, but now it is one of the most common diseases among children. Isn't it a weird coincidence how children are also the ones eating, the sugariest cereals, sugary juices, white bread, breaded, chicken nuggets, etc.

7. Sugar in your heart is cardiovascular disease: High sugar intake is associated with an increased risk of heart disease, as it can raise blood pressure, increase inflammation, and contribute to weight gain. In the chapter about debunking, myths, I'll be going into detail how the sugar industry paid off shady scientists to come out with studies that blame red meat for this new disease that increased along with the consumption of sugar, but because they didn't want their sales to tank, they ended up, blaming the oldest food in the world, and claim that cholesterol which is an essential nutrient is at fault. This is an evil lie.

8. Sugar in your joints is inflammation: Excessive sugar consumption can trigger inflammation in the body, which may exacerbate joint pain and increase the risk of conditions like arthritis. Guess which food is the best at anti-inflammatory effects? You guessed it red meat due to its high content in glutathione.

9. Sugar in your mood is depression and anxiety: Studies have found a link between high sugar diets and an increased risk of depression and anxiety, possibly due to the impact of sugar on brain chemistry and inflammation. Your gut is your second brain, if you're destroying your gut with sugar, then you will become unhappy.

10. Sugar in your energy levels is fatigue: While sugar may provide a temporary energy boost, it can lead to fluctuations in blood sugar levels, resulting in energy crashes and feelings of fatigue.

11. Sugar in your immune system is suppression: High sugar intake can weaken the immune system, making it less effective at fighting off infections and diseases.

12. Sugar in your hormones is imbalance: Sugar can disrupt the balance of hormones in the body, leading to issues such as insulin resistance, leptin resistance, PCOS, and imbalances in reproductive hormones.

13. Sugar in your gut is dysbiosis: Excessive sugar consumption can negatively affect the balance of bacteria in the gut, leading to digestive issues and a weakened gut barrier.

14. Sugar in your blood vessels is hypertension: Consuming too much sugar can lead to high blood pressure, increasing the risk of stroke and heart disease.

15. Sugar in your weight is obesity: Sugar is a major contributor to obesity, as it is highly addictive and leads to overeating and weight gain.

Like I mentioned before, you can replace the word sugar with carbohydrates, because essentially, all carbohydrates turn into the same glucose in our body, with the exception of fructose, which is directly metabolized by our liver and turned into fat. It kinds seems as if we're being served foods that just don't mesh with our physiology, leading to a plethora of health problems that are rampant globally. Red meat often gets the blame for these issues, but it's usually the processed red meat

that's problematic, especially when it's accompanied by a hefty serving of carbs. Why isn't the side of coke taking the blame? Or the enriched white flour bun? Or the high fructose corn syrup seed oil dressing on the inside? Or the seed oil drenched fries? Funny how most people's idea of a healthy version of that meal is ordering a veggie burger instead.

The big food and pharmaceutical industries are well aware of this, so they churn out a slew of misleading studies to point the finger at meat, hoping you'll overlook the real offenders: the sugary sodas, the fatty fries, and those carb-heavy hamburger buns. It's a complete farce, and it's about time we see through their deceptive tactics!

Alright, let's delve deeper into this infuriating issue of skin glycation. What on earth is glycation, you might wonder? It's this nasty process where sugar molecules have the audacity to attach themselves to proteins, wreaking havoc on their functionality. And guess what? The most abundant protein in your skin is collagen, the very thing that keeps your skin tight, elastic, and youthful. That's precisely why every skincare enthusiast won't shut up about how vital collagen is.

When you indulge in sugar, your blood sugar levels skyrocket, and this, in turn, increases the likelihood of your collagen getting glycated all over your body. This is not just a minor inconvenience; when sugar latches onto collagen, it distorts the collagen molecule, making it resemble lumpy cellulite. It loses its springiness, and as a result, your skin starts looking older and less vibrant.

Now if you compare that to animal products, these are packed with collagen, providing your body with more of this essential protein to keep your skin as

healthy and supple as possible. It even offers built-in sunscreen to protect you from sunburn. If you apply a bit of logic, this should be a glaring sign of our carnivorous nature and the dangers of consuming anything else that is not an animal product.

Let's dive into the three basic sugars that are at the heart of this mess: glucose, fructose, and galactose. Now, glucose is the sugar that our bodies prefer to burn for energy, if we're using sugar as fuel. And guess what? We produce this glucose from the protein in the meat and animal products we consume, through a process called gluconeogenesis, among other pathways. We're essentially burning glycogen to create glucose. So, when our cells are in need of glucose, our bodies are equipped to make it. Despite our bodies' natural ability to produce glucose as needed, we're bombarded with foods loaded with excess sugars, which can wreak havoc on our health.

You might have come across the claim that humans need to consume 130 grams of carbohydrates daily to nourish our bodies, brains, and skin. However, this is a complete myth and not true at all. Throughout history, many groups of people around the world, particularly those living in colder climates where carbohydrates were not readily available, have thrived without consuming any carbs. They maintained robust health and did not suffer from the numerous health issues that plague many people today. This is largely thanks to processes like gluconeogenesis, which enable the body to produce the precise amount of glucose needed.

The second sugar we need to talk about is fructose, which primarily comes from fruit. Here's the shocking part: fructose is actually more glycating than glucose! It's

a crucial point that doesn't get nearly enough attention, especially if you're trying to rejuvenate your skin by following a healthier diet.

Then there's the third sugar, galactose, a basic sugar found in milk. When you opt for skim milk or low-fat milk, you're actually consuming a lot of lactose, which ultimately breaks down into glucose and galactose. And here's the kicker: galactose is also much more glycating of your collagen than glucose. So, while you might think you're making a healthier choice, you could be inadvertently contributing to the aging of your skin. It's a bitter pill to swallow, but it's vital to be aware of these hidden pitfalls in our diet.
You might be thinking, “Hold on a second, fructose is in fruit, and I’ve read countless articles in magazines claiming that eating more fruit leads to younger-looking skin. So, obviously, that can’t be right.” Well, let me let you in on a little secret: dermatological researchers who study skin aging are well aware of the effects of fructose on the skin.

Dermatological researchers studying skin aging have actually used fructose as a skin aging model in rats. That's right—they give rats a high-fructose diet or even administer intravenous fructose to accelerate the aging of their skin. It's a stark illustration of how fructose can impact skin health.

Furthermore, it's well-known among skin aging researchers that galactose is an excellent way to increase the amount of advanced glycation end products (AGEs) in your skin, thereby making your skin look older. So, while fruits and dairy products have their place in a balanced diet, it's crucial to be aware of how their sugar content might affect your skin's appearance.

To achieve younger-looking skin and slow down the skin aging process, it's crucial to start with your diet. Make sure you're eating that collagen rich food which is ONLY EXCLUSIVELY found in animal products. Your skin is essentially a reflection of what you eat. Skin cells are constantly being replaced, with different types of skin cells turning over at various rates—some as quickly as every month and others every three months. This means that every three months, you've essentially created an entirely new set of skin cells. By nourishing your body with the right nutrients, you can directly impact the health and appearance of your skin.

If you're consuming the right foods and avoiding the wrong ones, your skin is likely to appear younger than it did three months ago. On the other hand, if you're indulging in the wrong foods and harmful habits, your skin may actually age faster. The challenge, however, is that we're often misled about what constitutes a healthy diet for our skin.

Many people, in their quest for younger skin, switch from eating donuts and drinking soda to consuming skim milk, fruits and vegetables, and fruit smoothies, believing this to be a healthier choice for their skin. The issue is that this "new healthy diet" might actually be higher in fructose and galactose, which can lead to an increase in advanced glycation end products (AGEs) and, consequently, accelerated skin aging.

As a result, they may not see any improvement in their skin, leading to frustration and a return to their old, unhealthy dietary habits. It's a vicious cycle that underscores the importance of understanding the impact of specific nutrients on skin health.

The Worst Enemy of a Lean Body

Insulin resistance makes losing weight incredibly difficult and is a risk factor for heart disease and diabetes. It is not something you want, and you can do something about it. Here's how insulin resistance develops: the muscle cells don't want to accept any more sugar (this is especially true if you have been living a sedentary life). They say, "Sorry, pal, we're full, we don't need any more, we gave at the office, see ya." Muscle cells become resistant to the effects of insulin. But the fat cells are still listening to insulin's song. They hear it knocking on their doors, and they say, "Come on in, the water's fine!" The fat cells fill up and you begin to put on weight.

Meanwhile, back in the bloodstream, those little packages called VLDLs that we talked about earlier are carrying triglycerides around trying to dump them. After the VLDL molecules drop off their triglyceride passengers to the tissues and the ever-expanding fat cells, most of them turn into
LDL ("bad") cholesterol.

Now you're overweight, with high triglycerides, high LDL cholesterol, and definitely high levels of insulin, which the pancreas keeps valiantly pumping out in order to get that sugar out of the bloodstream. From here, two scenarios are possible, neither of them good.

In one scenario, your hardworking pancreas will somehow be able to keep up with the workload and keep your blood sugar from getting high enough for you to be classified as diabetic. But you will be paying the price for that with high levels of

insulin and the increased risk factors for heart disease that go with them. In the other scenario, your poor pancreas will eventually become exhausted--even its most valiant efforts to shoot enough. insulin into the system won't be adequate for the job. The sugar will run out of places to go, so it will stay in the blood and your blood sugar levels will rise. Now you'll have elevated insulin and elevated blood sugar, plus, of course, high triglycerides and abdominal obesity. If your blood sugar continues to rise even more, beyond the capacity of your insulin to reduce it, you'll eventually have full-blown type 2 diabetes. Welcome to fast-food nation.

An important thing to remember just from a weight-loss point of view is that insulin isn't only responsible for getting sugar into the cells and out of the bloodstream: it's also responsible for getting fat into the fat cells and keeping it there. Insulin actually prevents fat burning. That's why a low-carb diet usually produces more weight loss than a high-carb, low-fat diet with the same calorie count. By lowering insulin, you open the doors of the fat cells and allow the body to release fat.

One of the ways insulin interferes with fat burning is by inhibiting car-nitine, an amino acid-like compound in the body that is responsible for escorting fatty acids into the little central processing units of the muscle cells, where those fats can be burned for energy. By inhibiting carnitine, insulin inhibits fat-burning. That's one reason you shouldn't eat a big meal before going to bed--the resulting high levels of insulin virtually ensure that your body will not be breaking down fat as you sleep, but instead will be busy storing whatever is around in the bloodstream. (A side note: many years ago, an American health magazine decided to do a weight-loss story on sumo wrestlers. The writers reasoned that the wrestlers knew everything there was to know about putting on weight, so if we could just learn

what it was they did, we'd know what not to do if we wanted to slim down. One of the major rituals of the sumo wrestlers was eating a huge meal and then going right to bed.)

So on a high-carbohydrate diet, you've got all this sugar coming into your system--because all carbs eventually break down into sugar--and your liver can basically do one of three things with it:

1. Pass it right through and send it into the bloodstream
2. Transform it into glycogen and store it (in the liver or the muscles
3. Use it to make triglycerides

Remember, as far as your body is concerned, the most important thing is to prevent blood sugar from getting too high. Your insulin may very well be able to keep your blood sugar in the normal range, but the high level of insulin needed to do the job plus the high levels of triglycerides and VLDLs being created at the same time--are silently laying the foundation for future damage: you are slowly on your way to becoming overweight and/or insulin-resistant.

What's So Bad About a Little Sugar?

Obviously, the body knows how important it is to protect the tissues, the brain, and the blood stream from excess sugar. So what exactly does sugar do that's so damaging to the body, that the body is willing to risk the effects of large amounts of insulin and dangerously high levels of triglycerides just to prevent it? Well, for one thing, excess sugar is sticky (think cotton candy, and maple syrup). Proteins on the other hand, are smooth and slippery. (think oysters, which are pure protein).

The slippery nature of proteins lets them slide around easily in the cells and do their jobs effectively.

But when excess sugar keeps bumping into proteins, the sugar eventually gums of the works and gets stuck to the protein molecules. Such proteins are now said to have become glycated. The glycated proteins are too big and sticky to get through small blood vessels and capillaries, including the small vessels in the kidneys, eyes and feet, which is why so many diabetics are at risk for kidney disease, vision problems, and amputations of toes, feet, and even legs. The sugarcoated proteins become toxic, make the cell machinery run less efficiently, damage the body, and exhaust the immune system. Scientists gave these sticky proteins the acronym AGES which stands for advanced glycolated end-products-partially because these proteins are so involved in aging the body.

For another thing, high blood sugar is also a risk factor for cancer-cancer cells consume more glucose than normal cells do. Researchers at Harvard Medical School suggested in the early 1990s that high levels of a sugar called galactose, which is released by the digestion of lactose in milk, might damage the ovaries and even lead to ovarian cancer. While further study is necessary to definitively establish this link, Walter Willett, MD-chairman of the Department of Nutrition at the Harvard School of Public Health and one of the most respected researchers in the world-says, I believe that a positive link between galactose and ovarian cancer shows up too many times to ignore the possibility that it may be harmful."
Sugar depresses the immune system. It makes the blood acidic, and certain white blood cells (lymphocytes) that are part of our immune system don't work as well in an acidic environment.

A blood-sugar level of 120 reduces the phagocytic index (a measure of how well immune-system cells gobble up bacteria) by 75%. Since refined sugar comes with no nutrients of its own, it uses up certain mineral reserves of the body that are needed w metabolize it, which in turn throws off mineral balances and results in nutrient depletions. (This is why the vitamin c in meat is sufficient on carnivore)

One of the minerals that refined sugar depletes chromium, which is needed for insulin to do its job effectively. Since minerals are needed for dozens of metabolic operations, these mineral deficiencies can wind up slowing down your metabolism and creating havoc with your energy level. Finally, sugar reduces HDL, adding yet another risk factor for heart disease on its resume. Is it any wonder that people drastically improve their health when switch to a diet lower in sugar?

Dangers of Mixing Carbs and Fats: Randle Cycle

Bart Kay is a respected nutrition and health expert, known for his deep understanding of biochemistry and human physiology. He has a talent for explaining complex concepts in a way that is accessible and engaging. In his upcoming discussion, Bart will delve into the intricacies of the Randle cycle, a key process in our body’s energy management. He will explain how this cycle impacts the way our bodies utilize fats and carbohydrates, and why it’s important to consider this in our dietary choices.

Alright, let's get down to business with the Randle cycle. I've got to tell you, if you haven't come across this before, you're in for the most crucial biochemistry lesson

of your life. So, straighten up, eyes forward, and cut the paper dart shenanigans at the back. This is something you need to get a grip on.

The Randle cycle, also known as the glucose-fatty acid cycle, is a biochemical process that describes how the body's cells manage the intake and utilization of energy substrates, specifically fat and sugar (glucose). When a cell is full of fat, it inhibits the entry and utilization of both fat and sugar as energy sources. Similarly, when a cell is loaded with sugar, it restricts the uptake of both fat and sugar. This mutual inhibition ensures that the body efficiently uses one energy source at a time.

Mixing fat and carbs in your diet can be a bad idea because it can lead to the over-activation of the Randle cycle. When both fat and sugar are present in high amounts, the body struggles to efficiently use either as an energy source. Basically, most of the things you eat just get stored of fat without providing you with energy, it becomes utterly useless. This can lead to a situation where both glucose and fat start to accumulate in the bloodstream, which can eventually lead to insulin resistance, increased fat storage, and other metabolic issues.

The carnivore diet, which is rich in fat and protein but devoid of carbohydrates, can be beneficial because it eliminates the issues associated with the Randle cycle. Without carbohydrates, there's no competition for substrate utilization, and the body can efficiently burn fat for energy. Additionally, the carnivore diet is nutrient-dense, providing all the essential nutrients the body needs without the negative effects of excess carbohydrates. This can lead to improved metabolic health, reduced inflammation, and better overall well-being.

So, what's the deal with the Randle cycle? Why is it such a big deal? First off, let's get one thing straight: this isn't some fresh-off-the-press revelation. We're talking about a concept that's been around for a while. The man behind it, Sir Philip Randle, was born in 1926 and kicked the bucket in 2006. He put the Randle cycle on the map with an article published back in April 1963. So, no, this isn't some groundbreaking, earth-shattering discovery. It's been part of the scientific scene for a good while now.

Let's set the record straight: the Randle cycle isn't some novel, groundbreaking concept. It's been around since 1963, and yet, for reasons beyond my comprehension, it's been largely overlooked by the nutrition community. I'm at a loss as to why, given its significance. Can’t think of a single reason why the medical community doesn’t want this vital information spreading (their medication prescription and surgery sales will plummet if people learn how to fix their simple health issues through diet)

Now, here's why this is a big deal. There's a bunch of folks online, especially in the carnivore diet sphere, who are advocating for the inclusion of daily carbs in your diet. But let me tell you, their arguments are about as solid as a wet paper bag. They don't hold up to even the most basic scrutiny. According to the Randle cycle, that's not the way to go, and we can dive into that more if you're interested.

Including the undeniable, crystal-clear reason why adding carbs is absolutely, without a doubt, contraindicated – which is just a fancy way of saying it's bad news for your health. What we need to understand about carbohydrates in our diet is that they're essentially a toxin, a poison. There's no room, no place at all, for exogenous

carbohydrates in our diet. And the Randle cycle lays out the reasons for this, which I promise to dive into once I stop rambling.

So, here's the scoop: for the last four and a half million years, give or take, humans and our pre-human ancestors have roamed this planet living a certain way. And that way of life? Being obligate hyper-carnivores. But how can we be so sure about this? How do we really know this is the case?

That's an undeniable fact. None of us were kicking around four and a half million years ago, but am I just pulling this out of thin air? Nope, and here's why: there's this nifty technique called stable isotope testing. We can dig up human and pre-human remains – skeletons, long bones, you name it – from all over the globe. Crack open those long bones, and bam, we've got collagen. It's a protein, the most abundant one in our bodies, and it's packed into those long bones. Collagen's tough; it dries out after death, sure, but it sticks around for ages – tens, even hundreds of thousands of years. No sweat, we can still find usable collagen in those ancient bones, and here's the kicker: we can analyze its composition, looking at the stable isotopes, and get a peek into the past.

Let's talk about carbon and nitrogen in that collagen found in long bones. This is where it gets interesting. When we analyze these elements, it's like hitting the jackpot – no doubts, no debates, no maybes. It gives us a crystal-clear picture of what that individual chowed down on during its lifetime, right down to the specific species of animals it was preying on and devouring.

And what does this data reveal? It tells us that for at least 350,000 years – which is how long we've been kicking around in our current form – we've been feasting on a

diet that's majorly made up of the flesh and fat of large ruminant animals. We're talking a whopping 80 percent here. The rest? A mere 20 percent of our diet was made up of very fibrous, starch-poor roots and tubers. These were the tough, fibrous stuff that we'd dig up, haul back home, and then boil the heck out of.

So, when the hunt went south or the animals were playing hide and seek, our ancestors resorted to eating this growly slop – a mishmash of whatever fibrous roots and tubers they could scrounge up. And let's be clear, these weren't the starch-rich tubers and roots we're familiar with today. Those have been selectively bred over time to be starchy. No, what our ancestors were chowing down on was essentially just fiber.

Now, as you're probably aware, fiber doesn't break down in our digestive system the way other foods do. It's only under the influence of gut bacteria that it breaks down a bit, and what does it produce? Short-chain fatty acids, not carbohydrates. So, for 350,000 years, right up until the agricultural revolution kicked in about 8,000 years ago, humans were essentially on a diet that was all about protein and fat. Thanks to the way fiber breaks down, there were virtually no carbohydrates in the human diet. Nada. Zip.

When it comes to what our ancestors ate, the emphasis should really be on the fact that they turned to fiber only in times of sheer desperation. Imagine this: the hunt's gone belly-up, the animals are nowhere to be found, and hunger is gnawing away. It's in these dire situations that they resorted to digging up whatever fibrous roots and tubers they could find.

But let's be clear: this wasn't their preferred choice. It wasn't like they were skipping around, happily munching on fibrous plants. No, they were essentially in survival mode, making do with whatever meager pickings were available. So, while fiber did play a role in their diet, it was very much a last resort when their main source of sustenance – animal meat and fat – was out of reach.

And what about those who point out that there were berries around? Sure, for maybe two or three weeks a year, there were some berries. But that's a drop in the ocean compared to the grand scheme of things. Our diet was overwhelmingly dominated by protein and fat.

Yeah, we definitely still had the salivary amylase gene, because there wasn't any evolutionary pressure to ditch it. And as we dive into the Randle cycle, you'll see just how crucial this might have been. It might even have played a role in how the Randle cycle evolved in humans. There were a few weeks each year when there was some carbohydrate in the diet. But for the vast majority of the year – the other 50 weeks or so – there were no carbohydrates at all. Zero.

That's a key point I bring up, especially when I'm taking down the arguments of those who push for a plant-rich diet or those who say, "Sure, eat carnivore, but don't forget to add some carbs." And here's why that's a bad idea.

Okay, let's dive into this whole Randle cycle business. I want to break it down from two different perspectives. It's crucial for people to understand that these two angles are just two sides of the same coin.

This isn't an either/or situation. I show two diagrams, right? One where glucose is the main fuel source in the body, and another where fats take the lead. But some folks walk away thinking it's a choice between the two, which it's not. Exactly, both of these charts I'm about to show you are in effect all the time, simultaneously. I hope that's clear. This is a "this and that" situation, not "this or that." And understanding that is crucial.

So, what I'm saying is, your body is fully equipped to make its own glucose. It's got all the enzymes needed to turn glycerol from fat molecules, monocarboxylates like pyruvate and lactate, and certain amino acids from the proteins you eat into sugar. That's what's kept us ticking for 350,000 years when there were practically no carbs around, except for maybe a couple of weeks a year when berries were in season. Anything beyond that is toxic.

Now, you might wonder, does this mean you can munch on 200 to 300 grams of carbs a day and be fine? Nope. Because gluconeogenesis, the process of making glucose, doesn't just stop. Your body is so used to making glucose every day that it's going to keep on doing it, because that's what your genes are programmed for. You're not meant to eat any carbs at all, so any carbs you do eat are essentially surplus to requirements. So, any carbs you chug down on any given day are almost certainly going to cause issues in terms of the Randle cycle. Here's why: glucose in the bloodstream, right here at the top, outside the cell, gets delivered to the cell because you've got glucose in your blood. You've got glucose in your blood because of gluconeogenesis and also because you've downed carbohydrates in your diet.

The glucose is transported from the outside of the cell to the inside on a protein transporter called GLUT4. Once inside, a series of reactions kick off, involving two isoforms of another enzyme called phosphofructokinase (PFK), isoform 1 and isoform 2. They work to move the glucose down to the next step in the chain, resulting in a molecule from those reactions.

The reason Glut4 gets deactivated is actually a protective mechanism. You see, when there's too much glucose inside our cells – more than they're designed to handle – it's toxic. It damages protein structures, which is essentially what a cell is. It harms the DNA in the cell's nucleus and wrecks cell membranes. Essentially, the condition known as diabetes is all about elevated blood sugar levels.

So why does blood sugar elevate? It's precisely because the Randle cycle steps in to protect the more crucial parts of your body – the cells – from that damage. It does this by shutting the door, by deactivating Glut4. This is what insulin resistance is all about. It's the cell signaling to the external environment, the blood, that it doesn't need any more sugar. In fact, if there were more sugar in the cell than there is right now, it would start destroying the cell. So, the cell is essentially saying, "No more, thanks. We're good." The cell has a built-in defense mechanism – it locks the door by deactivating Glut4 to protect itself. It also halts sugar production through that pathway by blocking out PFK1. So, in a sense, too much sugar ends up locking itself out. This lock can be undone as soon as all that excess sugar has been processed, which brings citrate levels back down and unlocks the door to let more sugar in. However, if you consume more sugar, the door will lock again, as if the cell is saying, "Didn't you get the message before?"

So, too much sugar not only locks out sugar but also affects fat. The abundance of acetyl coenzyme A resulting from all the sugar going through this pathway will also lock out the long-chain fatty acyl coenzyme A from becoming acetyl coenzyme A through a process called allosteric inhibition. In other words, sugar doesn't just lock out sugar; it locks out fat as well.

So, what we've got now is a situation where neither sugar nor fat can feed the cellular energy because there's already too much energy present. The cell doesn't need any more fuel; it has plenty of substrate to run the TCA cycle, produce the reducing equivalents for the oxygen, and produce ATP. The cell is running at maximum capacity, and more fuel would just cause damage, so it locks everything out.

The key takeaway here is that sugar, when it's above the concentration it should be, is always toxic and will always activate the Randle cycle to some degree or another. It's also important to understand that the Randle cycle isn't an on/off situation; it's more of a sliding scale. When I say "this locks out that," I don't mean it's a complete on/off switch. It's more of a sliding scale from fully allowing substances to pass through the pathway to being completely blockaded and nothing getting through. The specific energetic state of each individual cell determines its ability to either oxidize substrates and produce energy or to be somewhat inhibited, moderately inhibited, very inhibited, or indeed completely blocked, depending on how much energy is present in that cell.

When you have a systemic situation where your whole body is full of sugar, everything gets locked up, and it's locked up precisely to protect the cells from damage. In this scenario, the sacrificial lambs become the red blood cells, and we

measure the damage to our red blood cells through glycative damage via a test called the HbA1c test. This test tells us basically how high our blood sugars have been over the last 28 days or so. Another sacrificial lamb becomes the epithelial cells, which line our vascular tree, because those cells can be replaced.

In our evolutionary past, the consumption of carbohydrates was minimal, so the activation of this cycle was a rare event. The body had around 50 weeks of the year to repair itself, so it wasn't a big deal. Given that epithelial cells and red blood cells replace themselves every few months, it was fine to sacrifice them. They could be damaged by high circulating sugar without causing major issues.

The problem now is that many of us are doing this all the time, every day, multiple times a day. We're constantly pouring sugar into our systems. And when I say "sugar," you can essentially replace that word with "carbohydrates." All carbohydrates break down to sugar, with the only exception being fructose, which is metabolized directly to fat in the liver because there's no glucose step. But for all intents and purposes, anything you eat that contains carbohydrates is going to end up as sugar in your system. Any carbohydrate you consume is metabolically sugar, and it's toxic for that reason. It's as simple as that. And just to add to this, when there's a lot of glucose and fructose in your system, the body has mechanisms to protect itself and balance things out. One such mechanism is the polyol pathway, where fructose converts to sorbitol and then sorbitol converts to glucose. So, if there's excess fructose, the body will support itself by converting some of it to glucose.

Alright, so a quick summary of this: too much glucose in your bloodstream, which is any amount at all exogenously, anything above what gluconeogenesis provides

for you, to some degree, will lock that cell out from absorbing more glucose. That's what insulin resistance is, right there. Simple as that. Exactly. It also locks out PFK1, so you can't process sugar. It causes a pooling of acetyl coenzyme A and locks out fatty acids as well. Nothing gets through anymore. We've got a cell that's jammed up. That means both glucose and fat will start to pool in your bloodstream. Extra glucose pooling in your bloodstream gets metabolized to fat in the liver. Extra fat in your blood gets converted back to triglycerides in your liver as well, and that goes straight to your adipose tissue, your fat cells, and you become an insulin-resistant fatty. All because you're pouring carbohydrates down your neck multiple times a day. Simple as that.

Now, if you're very active, you can get away with this. If you're young-ish, you can get away with this. However, it will catch up with you if you eat carbohydrates every day. You will be activating your Randle cycle, which will cause an insulin resistance problem sooner or later. The cells are protected from damage by locking out these energy substrates, which then accumulate in the fluid outside the cells, the blood. The liver then largely deals with these substances by storing them as fat on your body, and your cells become what they call insulin resistant as long as that situation is in effect.

So, what's the best way to lock your cells out in that way, thus meaning you have too much energy on board, thus meaning you're always in a situation where you're storing fat and being insulin resistant all the time? Easy: eat a diet that's rich in both carbohydrates and fats. If you eat a diet that's carnivorous, rich in fat and protein, and you consume no carbohydrates, you won't be causing yourself a Randle cycle issue as such. You'll be lean, mean, fit, and healthy if you subscribe to that diet appropriately and do it long enough to reverse the damage that you've

done. When people talk about going on a ketogenic diet, they often mention that it takes about 72 to 96 hours to get into ketosis. The reason for this is that it takes that long to drain your body of those extra carbohydrates. So, if you eat carbohydrates at any time, you can expect Randle cycle activation for up to 96 hours. That's why the idea of eating fat in the morning and carbohydrates in the evening, thinking it will prevent Randle cycle activation, doesn't quite work out. The body needs time to process and clear the carbohydrates before it can switch to burning fat efficiently.

Benefits of Eating Carbs

Well, would you look at that? The mainstream wasn't entirely off the mark! It turns out there are some "benefits" to consuming carbs and sugars. After all, those doctors have your best interests at heart, right? They wouldn't dream of keeping you in a constant state of illness just to keep prescribing medication and fattening their wallets. No, they care too much for that!

According to Dr. Eric berg, here are some interesting benefits of consuming sugar (all carbs turn into sugar in your body, no exceptions):

"1. The drug companies and junk food companies, as well as their stakeholders, will love you. Especially the drug companies that produce antidepressants, ones that help you lower your blood pressure, cholesterol, blood sugar, and the ones that lower inflammation. Their stockholders are going to greatly appreciate you,

and the entire junk food industry will really appreciate you. So if you ever wanted to be loved and appreciated, eat more sugar.

2. You'll get a dopamine rush for about 90 seconds (followed by lethargy). Of course, 2 to 3 hours after that, you're going to feel a little lethargic, but that dopamine rush will totally be worth it. And you'll just feel this wonderful pleasure sensation, sure it's only 90 seconds, but who can say no to that?

3. You'll fit into the majority of the population. It's worth noting, they're mainly overweight and have insulin resistance as well as other symptoms. It's a very large group and they're very overweight with insulin resistance. They share a lot of symptoms and characteristics, but they all consume at least 152 pounds of sugar per year. So if you ever wanted to fit in, this is your time.

4. The majority of the population will consider you as normal. You will be well accepted and not considered some weirdo health food fanatic on keto. Nope, you're going to be considered normal and well accepted.

5. Over time, your arthritis may even allow you to get better parking places (with a handicap permit)."

Insulin

ALL carbs break down into sugar. This sugar breaks down into glucose. Glucose is then stored in the liver and muscles as glycogen. When these stores are full, it

overspills and stores as fat. This is how we all typically store fat. It is not through the overconsumption of dietary fat. It's the overconsumption of carbohydrates. When you eat foods that contain carbohydrates, your body breaks them down into glucose, which is a type of sugar. In response to the rise in glucose levels in your blood, your pancreas releases a hormone called insulin. Insulin is the fat storage hormone. It activates an enzyme called lipoprotein lipase. Lipoprotein lipase is found on the walls of blood vessels in fat tissue. Its job is to break down triglycerides (a type of fat in your blood) into fatty acids and glycerol. Once broken down, these fatty acids can be absorbed by fat cells and stored as fat.
This process of fat storage can happen even if you're not consuming more calories than you're burning. In other words, the presence of insulin and the activation of lipoprotein lipase can lead to fat storage even if you're not eating an excess of calories. The scale may not reflect an increase in weight, even when one is consuming a diet perceived as being in a "calorie deficit." However, if the diet is rich in carbohydrates, it can lead to fat accumulation and a shift in body composition, despite a reduction in overall weight. This occurs because certain foods can signal hormones, such as insulin, to promote fat storage. Ultimately, the objective is not weight loss but rather fat loss, as a lower body fat percentage indicates enhanced insulin sensitivity, a state associated with better health. To sum it up, when you consume carbohydrates, your body releases insulin, which in turn activates an enzyme that helps store fat in your fat cells. This can happen regardless of the total number of calories you're consuming.

When you consume carbohydrates, your body releases insulin, which signals fat cells to store fat. This is a normal process. To burn this stored fat for fuel, the body needs to reverse this process. This requires an enzyme called hormone-sensitive lipase, which breaks the bonds on the glycerol backbone and releases fatty acids

into the bloodstream. Elevated insulin levels block hormone-sensitive lipase, preventing the release of fatty acids into the bloodstream. This inhibits the body's ability to burn stored fat. For example, if you consume a carbohydrate-rich breakfast, the resulting insulin spike makes it biologically impossible to burn fat during a subsequent workout until your insulin levels drop to baseline again.

Many vegetable oils are high in an oxidized omega-6 fatty acid called linoleic acid, which can cause inflammation and lead to further insulin resistance. Linoleic acid has been shown to increase insulin resistance by 6% more than carbohydrates. It's also high in phytosterols, which can lower natural cholesterol levels and disrupt hormone production. Originally created as machine lubricants, these vegetable oils are not suitable for human consumption and have been linked to weight gain and leptin resistance in studies.

Grains and other foods are high in lectins, which bind to insulin receptors and signal the body to store up to five times more fat than insulin alone. For example, a bowl of muesli or a piece of bread might have the same calorie content as a piece of steak, but the lectin effect from the grains can lead to significantly more fat storage.

While energy needs to be accounted for, the body can waste energy through various mechanisms. The focus on calories alone overlooks these factors. Leptin is a hormone that signals satiety, but lectins can block leptin receptors, disrupting the body's ability to signal fullness. This can undermine efforts to lose body fat and increase lean muscle mass. Think about the fact that so many individuals are on so-called "diabetes medication," which, in reality, are merely drugs that suppress appetite. They consume excessive amounts of food that inhibit their satiety

hormone while neglecting to eat foods that genuinely trigger fullness. As a result, they turn to dangerous and potentially catastrophic medications that come with a myriad of health risks.

Evolution of Plants In Our Diet

Plants have inhabited the Earth for approximately 700 million years, successfully defending themselves against various fungi, insects, and animals long before humans appeared around 3 million years ago. To ensure their survival, plants have developed a variety of defense strategies, including complex chemical defenses. If we, or our ancient ancestor Urk, were to wander into the wilderness and start eating random plants, we would quickly become very sick or even die. Out of the roughly 400,000 plant species on Earth, only a tiny fraction are edible by humans. Even among those, typically only certain parts of the plant are safe to eat, while the rest can be harmful. Plant poisonings remain relatively common even today.

The produce we see in supermarkets bears little resemblance to what Urk and his peers would have encountered 50,000 years ago. Cruciferous vegetables, for instance, didn't exist in their current form, and Urk would likely have avoided leafy greens due to their extreme bitterness. Tubers and other starchy underground storage organs were fibrous and tough, not particularly tasty. Nuts and seeds were well-protected, either by tough outer shells or toxic chemicals, making unprocessed nuts or beans some of the most dangerous plant-based foods around. Plants are especially protective of their seeds, and the fruits we eat today have been so heavily manipulated that prehistoric humans wouldn't recognize them.

As megafaunal animals began to die off around 25,000 years ago, humans became more reliant on smaller, less fatty animals for energy. To supplement their diet, humans began to exploit a greater variety of plants. Fruits, nuts, and seeds, which provided significant caloric energy, were likely among the first plants humans turned to. Our ancestors probably went through thousands of generations of trial and error to determine which plants were deadly, which caused mild illness, and which were safe to eat.

Over time, the consumption of these plants increased, leading to the development of agriculture and the domestication of grains. This shift in nutrition enabled the establishment of more stable communities, transitioning from nomadic or pastoral lifestyles to villages, towns, and cities. During this period, plants were hybridized, cultivated, and processed to become more edible. However, randomized controlled trials were not conducted to determine their long-term safety. If a plant didn't cause acute illness, it was deemed acceptable for consumption.

As time marched on, people began munching on more plants with increasing frequency and volume. This plant craze eventually led to the rise of agriculture and the domestication of grain, resulting in a wholesale shift in our nutrition and paving the way for more stabilized communities. Gone were the days of our carefree nomadic or pastoral lifestyles. Instead, we settled down into villages, towns, and cities, all thanks to our newfound obsession with farming plants.

During this era of plant hybridization, cultivation, and processing, our ancestors were not exactly conducting randomized controlled trials to assess the long-term safety of these new foods. No, the mantra of the time was simple: "If it doesn't kill you immediately, it's good to eat!" This cavalier attitude towards food safety meant

that if a plant didn't cause acute illness or drop you dead on the spot, it was deemed acceptable for consumption.

The irony is rich—quite literally—as we traded our wandering ways for a more "stable" life, driven by our dependence on these green invaders. These plants, with their elaborate chemical defenses, slowly infiltrated our diets, transforming our way of life. The fields of wheat and barley, once unknown to our ancestors, became the backbone of our meals and the foundation of our burgeoning civilizations.

But let's not forget, while we were busy setting up our villages and perfecting the art of bread-making, those plants were still packing their natural toxins. We simply chose to ignore the potential long-term consequences in favor of the immediate benefits of a stable food supply. And so, with each bite of grain, we were not just eating food; we were digesting centuries of human trial and error, with a healthy dose of plant trickery on the side.

The Unseen Dangers of Plant Pesticides

We know that plants are chock-full of chemicals, many of which serve as their own personal pesticides. If we had to introduce those same natural plant pesticides to the market today and subject them to rigorous toxicity testing, many of those chemicals would be kicked to the curb. But because there's no regulatory body scrutinizing "natural substances" in our food, we tend to brush it off and go about our salad-eating business.

I’m not saying that researchers have ignored these naturally occurring plant compounds in our fruits and veggies. On the contrary, there have been plenty of studies. Back in 1990, the legendary toxicology researcher Professor Bruce Ames decided to dive into the world of pesticides in food. He compared the man-made pesticides with the natural chemical defenses of plants. Lo and behold, Ames discovered that a whopping 99.9 percent of the pesticides we consume by volume come from the plants themselves. When he took a closer look at these compounds, he found that many of them caused cancer in animal models.

As we see more and more people dramatically improving their autoimmune diseases, mental health disorders, and chronic gastrointestinal issues by completely removing plants from their diets, it's hard not to wonder if some of those pesky plant chemicals might be to blame, even at low-dose chronic exposure.

But here's the kicker: we almost never test for these types of effects, so who knows how long we'll be waiting for answers. Meanwhile, we keep adding to our list of "idiopathic diseases," which is just a fancy way of saying, "We have no clue what's causing this, so let's blame bad luck, genetics, or maybe stress."

When you dive into these studies, you'll find that researchers always evaluate a mixed diet, often the standard American diet. Essentially, they're looking at the effects of adding fruits and vegetables to the other junk people eat. Of course, if eating more fruits and veggies means you're eating less sugary, oily, processed garbage, then you're going to see some benefits.

But do any studies compare an all-meat or meat-based diet to a plant-based one? Nope, not a single one. So, while we're told to load up on fruits and veggies, we're

left wondering if it's really the best advice, or just another slice of nutritional nonsense.

The So Called Evidence

There are easily dozens of chemical compounds in plants, and it’s the same old song and dance every time. A plant produces a chemical; sometimes this chemical causes problems, and other times it has beneficial effects. When it comes to studying these chemicals, there’s often a confirmation bias to support the prevailing epidemiology—and what our parents always told us—about the health benefits of vegetables and fruits.

I’ve read countless studies on this topic, and it’s almost comical how nearly every paper begins with, “We all know that people who eat fruits and vegetables are healthy.” Then, the author proceeds to describe a study on some isolated plant compound that supposedly proves why fruits and vegetables are good for us. These researchers aren’t really testing a hypothesis; they’re just trying to confirm what they already believe.

This leads to reports claiming that cruciferous vegetables prevent cancer, even though data shows that these vegetables can either increase or decrease cancer occurrence. However, because existing epidemiology says cruciferous vegetables prevent cancer, we favor the positive data and conveniently ignore the negative data.

It's a bit like a magician performing a trick: we see what we want to see and ignore the rest. The scientific community, like the rest of us, sometimes falls into the trap of confirmation bias. We're told over and over that fruits and vegetables are the holy grail of health, so studies are designed to support this narrative. The problem is, this selective focus can obscure a more nuanced truth.

Imagine a world where scientists started with a blank slate, genuinely open to discovering the effects of plant chemicals without any preconceived notions. We might find that some of these "healthy" foods have more complex impacts on our health than we ever realized. But until then, we're stuck in a loop, favoring the good news and brushing the bad news under the rug.

If I truly believed that drinking gasoline was beneficial, perhaps because my grandfather swore by it, and then conducted a small epidemiological study showing that gasoline drinkers had lower cancer-related deaths, I'm confident I could design another study to back that up. Picture this: I could easily take cultured cancer cells, expose them to various doses of gasoline until I found one that inhibited their growth. Voila! Now we have a mechanistic method proving that gasoline drinking is healthy and may lower cancer rates.

This kind of scenario is more common in scientific literature than you'd think. Researchers often take an isolated compound in an isolated scenario and then extrapolate it to the whole of human physiology to support an epidemiological claim. It's like saying, "Hey, if it works in a petri dish, it must be great for people!"

However, when we actually look at the small number of studies that examine whole plant foods and their effects on human physiology or disease processes, the

story changes. Kudos to Dr. Georgia Ede for her diligent work in digging through the literature on this topic and summarizing it in her article on her website, Diagnosis: Diet. She found about two dozen studies that looked at actual trials on humans where whole fruits or vegetables were examined, rather than just isolated plant compounds in an epidemiological or animal/cell culture study.

Nutrition science is like a broken record, making the same mistakes over and over. We lean heavily on epidemiology and then just use more studies to confirm the findings instead of trying to refute them. It's like playing a game of "scientific telephone" where the message never changes.

Consider this: you look at an epidemiological study that shows people who eat more fruits and vegetables appear to be healthier. Naturally, you might conclude that eating plant-based foods is the way to go. It's a logical conclusion, and no one would blame you for making it. But, let’s throw a wrench in that logic machine and ask a few more questions.

What if the people munching on fruits and veggies are also the ones steering clear of snack cakes, donuts, and sodas? Maybe they smoke less, drink less alcohol, buckle up their seat belts, exercise regularly, have more wealth, and live in nicer neighborhoods. These habits and circumstances contribute to what's called the "healthy user bias." Essentially, if you’re leading an overall healthy lifestyle, it’s tough to pinpoint whether it’s the apple a day keeping the doctor away or the fact that you’re just generally more health-conscious.

Epidemiologists will try to account for these factors, but let’s be real—they’re just making educated guesses about how much each factor contributes. It’s like trying

to bake a cake without knowing the exact measurements of the ingredients. Sure, you might get something edible, but it's hardly a precise science.

So, next time you hear that eating broccoli will make you live forever, remember there's a lot more to the story. Maybe the broccoli eater also jogs every morning, drinks green tea, meditates, and has a great healthcare plan. The truth is, isolating the impact of one particular food is like trying to find a needle in a haystack of healthy habits. And while the scientist is trying to control for all those other factors, they're often just taking a wild guess.

I've already pointed out some glaring examples where the epidemiology sings one tune, but real life belts out another. Take meat, for instance. We're told it's bad for us and will cut our lives short, yet the folks in Hong Kong eat more meat than anyone else on the planet and, guess what? They also have the longest life expectancy. This observation immediately triggers cries of, "But they don't smoke as much; they're wealthier; they exercise more," and so on. Sure, those arguments have merit.

However, when we flip the script and argue that fruits and vegetables might not be the saints of nutrition we're led to believe, we're met with crickets. Nutrition is like politics—people fiercely defend their team. Any results that don't confirm their bias are swiftly ignored or dismissed. Challenge the current dogma, and you're likely to be met with anger and an almost religious reverence for authority and "consensus." But in a true scientific community, questions that challenge the status quo should be welcomed.

It’s practically heresy to suggest that fruits and vegetables are anything but pure goodness, rainbows, and unicorns. Sure, we acknowledge they may have chemicals that can cause issues, but we still insist you need to eat your five—no, wait, it’s now ten—servings per day.

Quick, tell me which fruit, vegetable, or other plant is an absolutely essential requirement for human life? If you can think of one, I'd love to know if it grows year-round and in all parts of the world. Spoiler alert: It doesn’t. If we had essential requirements for them—and we don’t—we’d have had limited access to them for roughly 99 percent of our existence as a species. Given that, why does it make sense to recommend we eat copious amounts of fruits and vegetables every day?

It's as if we’re stuck in a nutritional Groundhog Day, repeating the same advice without considering the broader picture. So next time someone tells you that eating your greens will guarantee a long, healthy life, remember that the truth is a bit more complex—and sometimes, hilariously contradictory.

Humans survived an Ice Age, meaning our ancestors’ habitat was more Iceland than Costa Rica. If we set aside our arrogance about how much we think we know and apply some common sense, it becomes clear how impractical a diet full of indigestible fiber and nonessential phytonutrients is. We need fat, protein, and some vitamins and minerals to live—or, I’d argue, to thrive.

We require zero carbohydrates, zero phytochemicals, and zero fiber.

Take Iceland, for example—a frozen island inhabited by fearsome Vikings. With a population of about 300,000 people, Icelanders have historically relied on an

animal-based diet because, surprise, fruits and vegetables don't exactly flourish in their icy climate. Despite this, Iceland has produced nine winners of the World's Strongest Man contest. The only country with more winners is the United States, which has eleven champions—and a population 1,000 times bigger than Iceland's. Icelandic women aren't slacking either, having won four of the twelve CrossFit titles.

Even more impressively, despite traditionally having little access to fruits and vegetables, Iceland is among the world's leaders in male centenarians per capita. What does Iceland's production of strong people and centenarians say about our belief that you need a certain number of vegetables and fruits per day to be healthy?

It's as if the Vikings are laughing at our salads from across the centuries. They thrived on a diet heavy in animal products, proving that you don't need to munch on kale or choke down quinoa to be strong and live a long life. So next time you're stressing over getting your daily servings of greens, just remember: the Vikings didn't need them, and neither do you.

In the next chapter, I'll delve into debunking some common myths and misconceptions about plants. We'll explore the origins of these myths, why people have come to believe them, and what the actual facts are. From claims about the supposed health benefits of certain plants to misconceptions about their environmental impact, we'll uncover the truth behind these widely held beliefs. By the end of the chapter, you'll have a clearer understanding of the role plants play in our lives and how to separate fact from fiction.

Which Plants to Avoid

Oxalates

Oxalates are a pretty common anti nutrient found in a variety of foods, including leafy green vegetables, some fruits, nuts, seeds, and even French fries. While they might seem harmless, ingesting oxalates in higher doses can lead to several medical problems.

Common Foods Containing Oxalates:

- Spinach
- Swiss chard
- Beets
- Rhubarb
- Almonds
- Cashews
- Soy products
- Sweet potatoes
- Dark chocolate

Dangers of Oxalates:

One of the most prevalent issues associated with oxalates is the formation of kidney stones, which are often comprised of these compounds. The oxalate crystals in the body can become very needlelike and cause gastrointestinal irritation, leading to conditions like leaky gut

syndrome. This, in turn, can potentially trigger autoimmune issues. When you stop eating foods high in oxalates all at once, you might experience oxalate dumping syndrome. Symptoms of this can include rashes, joint pain, and gastrointestinal disturbances.

Lectins

Lectins, recently highlighted by Dr. Steven Gundry's book "The Plant Paradox," are ubiquitous plant compounds, but they are particularly concentrated in certain foods.

Common Foods Containing Lectins:

- Grains (wheat, barley, rice)
- Nuts
- Corn
- Quinoa
- Fruits (especially those with seeds)
- Nightshades (tomatoes, potatoes, eggplants, peppers)
- Vegetable oils
- Legumes (beans, lentils, peas)

- Squash

Dangers of Lectins:

Lectins can lead to a leaky gut, which is a condition where the intestinal lining becomes permeable, allowing undigested food particles, toxins, and microbes to pass into the bloodstream. This situation can contribute to various health problems, including chronic inflammation and autoimmune diseases. The potential downstream effects of a leaky gut caused by lectins include a host of issues such as allergies, asthma, and other inflammatory conditions.

Glycoalkaloids

Glycoalkaloids are naturally occurring compounds found in nightshade plants like potatoes, tomatoes, eggplants, and peppers. While these vegetables are staples in many diets, there is limited evidence suggesting that glycoalkaloids may be linked to leaky gut syndrome and autoimmune issues such as psoriasis. Additionally, nightshade vegetables have been reported to exacerbate symptoms of irritable bowel syndrome (IBS). So, next time you reach for that extra helping of potatoes or slice of tomato, remember that you might be inviting these potential troubles into your digestive system.

Foods Containing Glycoalkaloids:

- Potatoes
- Tomatoes
- Eggplants
- Peppers (including bell peppers, chili peppers, etc.)

Dangers of Glycoalkaloids:

Glycoalkaloids are linked to various health concerns. They have been associated with leaky gut syndrome and can worsen autoimmune conditions like psoriasis. Moreover, people suffering from irritable bowel syndrome (IBS) have reported that nightshade vegetables aggravate their symptoms. Although the evidence is still limited, these potential risks make it worth reconsidering the frequency and quantity of nightshade vegetables in your diet.

Goitrogens

Goitrogens are substances that can interfere with the function of the thyroid gland. Thyroid dysfunction is particularly common among women, and some researchers believe that consuming high amounts of goitrogen-containing foods may contribute to these issues. Foods high in goitrogens include soy and cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts. So perhaps all those years of forcing ourselves to choke down broccoli and cauliflower were not so kind to our thyroids after all.

Foods Containing Goitrogens:

- Soy (tofu, soy milk, edamame)
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, kale)
- Some other leafy greens (spinach, bok choy)

Dangers of Goitrogens:

Goitrogens are particularly concerning due to their ability to interfere with thyroid function. This interference can lead to thyroid dysfunction, a condition that is especially prevalent among women. High consumption of goitrogen-rich foods like soy and cruciferous vegetables could potentially exacerbate thyroid problems, raising questions about the long-term impact of these “healthy” foods on our thyroid health.

Cyanogenic Glycosides

Cyanogenic glycosides are found in several common foods such as almonds, flaxseed, linseed, lima beans, cassava, and certain stone fruits like cherries, peaches, and plums. These compounds can release cyanide when metabolized, leading to cyanide poisoning. While acute poisoning can be fatal, chronic exposure to cyanides is thought to contribute to long-term health issues such as impaired

thyroid function and neurological disturbances. Consuming these foods in large quantities or improperly prepared can be risky.

Foods Containing Cyanogenic Glycosides:

- Almonds
- Flaxseed and linseed
- Lima beans
- Cassava
- Stone fruits (cherries, peaches, plums, apricots)

Dangers of Cyanogenic Glycosides:

Cyanogenic glycosides present a significant health risk due to their potential to release cyanide upon metabolism. Acute cyanide poisoning from foods like improperly prepared cassava can be deadly. Moreover, chronic exposure to cyanides from foods such as almonds and stone fruits can impair thyroid function and contribute to neurological issues. These dangers underscore the importance of proper preparation and moderation when consuming foods high in cyanogenic glycosides.

Phytic Acid

Phytic acid is a naturally occurring substance found in a variety of plant-based foods, including grains, seeds, nuts, and legumes. While it plays a role in the plant's defense mechanism, it can have negative effects on human health.

Foods High in Phytic Acid:

- Grains: Wheat, rice, oats, barley
- Seeds: Sunflower seeds, pumpkin seeds, sesame seeds
- Nuts: Almonds, walnuts, peanuts, cashews
- Legumes call: Lentils, chickpeas, black beans, soybeans

Dangers of Phytic Acid:

Phytic acid can bind to essential minerals such as zinc, calcium, magnesium, and iron, forming insoluble complexes that the body cannot absorb. This can lead to deficiencies in these vital minerals, resulting in several health issues: Deficiencies in magnesium and calcium can contribute to cardiovascular problems. Low levels of magnesium and zinc have been linked to mood disorders and depression. Zinc is crucial for reproductive health, and its deficiency can impair fertility and cause impotence. Iron deficiency is a common cause of hair thinning and loss. Both zinc and iron are essential for a robust immune system, and their deficiencies can weaken immune response.

Protease Inhibitors

Protease inhibitors are another class of compounds found in various plant-based foods. These inhibitors can interfere with the activity of enzymes involved in protein digestion, such as trypsin.

Foods High in Protease Inhibitors:

- Legumes: Particularly soybeans, lentils, chickpeas, and peas
- Cereals: Wheat, rice, barley, oats
- Fruits: Kiwi, pineapple, papaya, bananas, figs, apples
- Vegetables: Cabbage, potatoes, tomatoes, cucumbers

Dangers of Protease Inhibitors:

Protease inhibitors can bind to digestive enzymes and inhibit their function, leading to several potential health issues: In animal studies, high levels of protease inhibitors have been shown to impair growth by reducing the efficiency of protein digestion. Interference with protein digestion can cause gastrointestinal discomfort and malnutrition, as the body struggles to break down and absorb proteins efficiently.

Plants Are Trying to Kill You

After discussing how meat can be considered the ultimate superfood, packed with every nutrient we need in ideal ratios, it's clear to see why other foods might merely fill a gap when meat isn't available—essentially, they're what you might turn to during times of scarcity. This perspective challenges the conventional wisdom around so-called "superfoods" that are often touted for their health benefits.

We’ve been sold this fairy tale where plants are the knights in shining armor, riding in to save us from all our health woes. Cancer? Eat broccoli. Heart disease? Have

some spinach. Want to fly? Grab a kale salad. It's almost as if they're marketing vegetables as the ultimate superpower, and if you're not chowing down on a garden's worth of greens, you're missing out on immortality.

You've been brainwashed into thinking that crunching on a salad is the ultimate key to health. Every magazine, every health guru, every fitness blog is pounding the same message: plants are the answer. But buckle up, because I'm here to undo all that brainwashing and show you that what you thought was the holy grail of nutrition is actually famine food in disguise.

Think about it: many of these greens and veggies were historically considered last-resort foods, the stuff people turned to when there was nothing else left. Our ancestors weren't juicing kale and tossing spinach into their smoothies because they wanted to—they did it because they had to. We've turned survival rations into dietary gold, and it's time to set the record straight.

So get ready for a leafy green reality check. I'm about to take everything you thought you knew about plant-based nutrition and turn it on its head. By the time we're done, you'll be questioning not just your diet, but everything you've ever been told about what it means to eat healthy. Welcome to the truth about plants—it's going to be a wild ride!

Plants aren't just sitting around waiting to be eaten. Oh no, they're busy little chemists, whipping up toxins and defenses to fend off hungry critters. As animals develop enzymes to adapt to the higher levels of poison, plants counter with even more potent defenses. It's like a never-ending game of "who can outwit whom."

Every living organism has some kind of self-defense mechanism to protect itself from being eaten. Think about it: porcupines have their quills, skunks have their stinky spray, and plants? Well, they've got a whole arsenal of chemical warfare at their disposal. They produce toxins, poisons, and nutrient inhibitors that make them less appealing or downright harmful to their predators.

So, what makes you think that plants are just sitting there, ready to be eaten by other animals, including us? They're not. They're busy turning themselves into tiny fortresses of defense. Those so-called "nutritious" greens can have anti-nutrients that interfere with your body's ability to absorb essential minerals. It's like they're playing hard to get, but on a biochemical level.

While we've been brainwashed into thinking that a spinach salad is the epitome of health, the truth is that plants have their own agendas. They're not just passive victims in the food chain. They're actively fighting back, making themselves toxic, and ensuring that whoever eats them gets a less-than-ideal dose of nutrients. So, next time you're piling your plate with greens, remember: those plants aren't just sitting there helplessly—they're fighting for their lives!

In his presentation about the dangers of plants, Dr. Anthony Chaffee highlighted several critical insights into how plant-based foods can impact health:

Plants are highly defended organisms

Plants have defenses just like any other living organism. While animals can run away or fight back, plants can't pack up their roots and flee. So, they've evolved other strategies, with poison being one of their main deterrents. These defense

chemicals are their way of saying, "Hands off!" to the hungry animals, insects, and pathogens that try to munch on them.

Plants produce hundreds of different toxins geared towards various threats, ensuring that they stay off the menu for a wide range of predators. This is why most plants in the world are inedible. We sort of know this intuitively. If you got lost in the woods and ran out of food, you wouldn't just start nibbling on random plants. Most of them would make you very sick.

Think about it—can you spot the edible plants in a dense forest? Probably not. It's not like the nutritious vegetables stand out with neon signs saying, "Eat me!" You have to know exactly what's safe to eat, and the reason is those pesky defense chemicals.

Plants have mastered the art of chemical warfare to protect themselves. These toxins are their silent guards, ensuring they survive in a world full of herbivores. So next time you look at that salad, remember that the plants in it have had to develop complex strategies just to make it to your plate.so here are just a just a few sort of

People are becoming more interested in the various ways that plants defend themselves, and one of the hottest topics is lectins. These are just one part of the complex defense strategy plants use to deter predators. There are tons of different kinds of lectins out there, and they're just the beginning. Did you know that there are 2,500 different plant species that use cyanide as a defense mechanism? That's right—cyanide, the stuff from spy movies!

Plants are toxic and poisonous

But wait, there's more. Plants are armed to the teeth with a variety of other toxins and defense compounds. We're talking about phytates, tannins, oxalates, hormone disruptors, and nutrient blockers. Some plants even produce chemicals that make you extra sensitive to sunlight. Then there are the nightshades, infamous for their toxic properties, which we've known about for thousands of years, yet we still happily include them in our diets.

If you think back to your seventh-grade biology class, you might remember learning about the evolutionary arms race between plants and animals. It's a relentless battle where plants are continually evolving to become more poisonous, making it harder for animals to eat them. Meanwhile, animals develop adaptations to overcome these defenses and keep munching away.

This tug-of-war is why certain animals, like koalas and pandas, stick to very specific diets. Koalas only eat eucalyptus, and pandas primarily consume bamboo. If they venture outside their specialized menu, they risk getting very sick.

In this epic battle for survival, plants aren't just sitting ducks. They're actively developing sophisticated chemical defenses to ensure their survival. And yet, here we are, humans, munching away on nightshades and Brussels sprouts as if they're the healthiest options out there.

When I was studying cancer biology at the University of Washington, I learned that Brussels sprouts alone have over 136 identified human carcinogens. That's when it hit me: maybe we should reconsider the saintly status we've given to

certain vegetables. So next time you reach for that leafy green, remember—it’s all part of a grand, ongoing struggle for survival, with plants doing everything they can to avoid becoming your next meal.

Plants have evolved to produce specific poisons that deter animals from eating them, allowing the plants to survive and thrive. Animals like koalas and pandas have adapted to consume these particular plants and can survive and even thrive on them. However, if these animals eat other plants, they can become very sick.

My own dietary journey, which now consists of primarily meat and water, began 22 years ago when I was studying cancer biology at the University of Washington in Seattle. During my studies, we explored how plants use defense chemicals to protect themselves. We examined this from a cancer perspective, focusing on carcinogens. To my astonishment, we discovered that Brussels sprouts alone contain over 136 identified human carcinogens. This revelation made me question the safety of consuming plants that produce such a vast array of defensive chemicals.

Ever wonder why kids universally despise Brussels sprouts? It's not just a quirky childhood phase; there's a scientific reason behind it. That bad, bitter taste is your brain and tongue, sophisticated machines that they are, signaling, "Hey, this is bad for you, spit it out!" It's an evolutionary defense mechanism designed to keep us safe from harmful substances. Give a piece of broccoli to an infant, and they’ll look at you like you’ve betrayed them. Hand them a piece of bacon, and watch their eyes light up with joy.

During my studies in cancer biology at the University of Washington, I learned some shocking truths about the plants we eat. We discovered that white button mushrooms contain over 100 known carcinogens. And it doesn't stop there. Spinach, kale, lettuce, celery, cabbage, cucumber, broccoli—all the so-called "healthy" veggies—were on the list. We were given pages and pages detailing every plant you've ever seen in a grocery store, and not a single one had fewer than 60 known human carcinogens. They were quite abundant.

This discovery was eye-opening and made me question the conventional wisdom about plant-based diets. It's fascinating how our bodies have natural defenses, like our taste buds, to steer us away from potentially harmful foods. So next time you find yourself grimacing at the taste of certain vegetables, remember: your body might be trying to tell you something!

In the 1980s, Professor Bruce Ames from Berkeley conducted groundbreaking research that delved into the dangers lurking in plants. When we learned about his findings, we were absolutely floored—much like some of you might be feeling right now. The notion that plants could be harmful was so shocking that I vividly remember thinking, "But vegetables are still good for you, right?" It was hard to reconcile this new information with everything we'd been taught.

Our professor, seemingly reading our collective minds, gave us a look that said, "You guys aren't getting this," and then he dropped a bombshell: "I don't eat salads. I don't eat vegetables. I don't let my kids eat vegetables. Plants are trying to kill you." This was a moment of cognitive dissonance so intense it felt like the ground had shifted beneath our feet.

Hearing this, I was like, "Right, forget plants," and decided to stop eating them immediately. But then, I walked into a grocery store and was struck by a harsh reality: almost everything either is a plant or has plants in the ingredients. It felt like trying to avoid water while standing in the middle of a lake. I realized I had to fundamentally rethink my diet.

After some serious contemplation, I decided to strip my diet down to the basics—eggs and meat. It seemed like the simplest way to avoid plant toxins altogether. For a number of years, that's exactly what I ate, and the health benefits were nothing short of incredible. At the time, I was playing professional rugby while attending university, and my athletic performance, as well as my overall physical health, improved dramatically. It was a night-and-day difference.

My energy levels soared, my recovery times shortened, and I felt stronger and more resilient than ever before. My cognitive function also sharpened—I was more focused in my studies and more strategic on the field. This wasn't just a marginal improvement; it was a complete transformation.

Even now, 22 years later, I'm still feeling those positive results. My health has remained robust, and I continue to thrive on this diet. This journey has taught me that sometimes the most unconventional wisdom holds the most profound truths. It's a reminder that just because something is widely accepted doesn't mean it's true. Sometimes, you have to dig deeper, question the status quo, and be willing to try something radically different to uncover what truly works for you.

So, if you're struggling with health issues or just not feeling your best, consider reevaluating the role of plants in your diet. You might find that the key to better health is not more salads, but fewer plants and a return to the basics of meat and eggs.

Here's the thing: most plants will kill most animals. It's not that some plants are poisonous and some aren't; it's that all plants are poisonous. The difference lies in which animals have evolved the ability to defend themselves against specific plant toxins. When animals stray from their specialized diets, they can get sick or even die.

Take pandas and koalas, for example. These animals eat a very specific and monotonous diet because their bodies are adapted to handle the toxins in those particular plants. Pandas only eat bamboo, and koalas only eat eucalyptus leaves. There are about 340,000 species of plants in the world, and pandas eat just one.

Similarly, grazing animals like cows and horses eat specific types of grasses, and even these are limited to particular varieties. The leaves a giraffe eats are different from those a gorilla consumes, which are different from those a deer eats, and so on. If you mix up these leaves, the animals eating them can get sick or die.

This intricate relationship between plants and animals is an evolutionary trend that has developed over millions of years. Plants have evolved to produce toxins as a defense mechanism, and animals have evolved specific adaptations to counteract these toxins. However, these adaptations are highly specialized. A giraffe can't just switch to eating the leaves a koala munches on, and vice versa.

This symbiosis between plants and animals is a delicate balance in the ecosystem, highlighting how specific and limited the diets of herbivores truly are. So, when you think about the broad range of plants humans are encouraged to eat, it's worth considering whether our bodies are really equipped to handle all those different plant toxins.

Animals and plants have been co-evolving for millions of years, creating intricate relationships that allow both to thrive. For instance, the vast grasslands and Great Plains evolved alongside large grazing animals like bison and antelope. These animals and grasses work together symbiotically, each benefiting from the presence of the other.

But let's talk about fruits. You might think that plants want you to eat their fruits, but that's not entirely true. While plants do want their fruits to be eaten, they have a preference for specific animals that help with seed dispersal. These chosen animals are integral to the plant's reproductive cycle because when they eat the fruit, the seeds pass through their digestive system and are deposited in a new location, ready to germinate.

Take the cassowary bird in Australia, for example. This bird eats around 150 different types of berries and fruits, many of which are highly toxic to other animals, including humans. The seeds of these fruits need to pass through the cassowary's digestive tract to germinate properly. If cassowaries were to leave an area, the plants relying on them would struggle to reproduce and might eventually die off. This shows how some plants have evolved to rely on very specific animals for their survival.

This symbiotic relationship is a delicate balance. Humans have long known to avoid certain fruits and berries, like the infamous red berries, because of their toxicity. This isn't just folklore; it's a survival strategy embedded in our knowledge. Most fruits are actually toxic to humans because they are tailored for specific animals that can safely process their seeds.

So next time you marvel at the array of fruits in the wild, remember that many of them are part of a complex evolutionary dance with animals other than us. These relationships underscore the selective nature of plant-animal interactions and highlight why not all fruits are meant for human consumption.

In a groundbreaking study from Professor Bruce Ames at Berkeley, published in 1989, it was revealed that natural plants and vegetables contain 10,000 times more naturally occurring pesticides by weight than the industrial pesticides used on them. This study showed that these natural pesticides are orders of magnitude more likely to cause cancer than their industrial counterparts.

Specifically, the study looked at a pesticide called ALR, which was under scrutiny for being a potential carcinogen. The findings were staggering: the natural toxins found in spinach were significantly more potent in causing cancer than the ALR pesticide.

Professor Ames identified 42 different toxins in a wide variety of plants, including those commonly found in the produce aisle. Out of these 42 toxins, 20 were shown to be carcinogenic in mice. Fast forward 11 years to when I was studying cancer

biology, and the knowledge had expanded dramatically. By then, it was known that Brussels sprouts alone contained over 136 identified human carcinogens.

This study highlights a critical point: the natural world is full of its own defenses, and these natural pesticides can be more harmful than the synthetic ones we're often warned about. It’s a stark reminder that the chemicals in our food, whether natural or industrial, need to be understood and respected for their potential impacts on our health.

There’s more to consider when it comes to what we eat. While there's a lot of talk about the WHO promoting fake meat and lab-grown meat, they still have a page dedicated to natural poisons found in plants. This "natural toxins in food" page doesn't mention anything harmful in actual meat, except for aquatic biotoxins, which come from algae that shellfish and fish consume, making them toxic. This is why it's advised to avoid seafood from certain areas where these algae are prevalent.

The WHO's page covers a wide range of natural toxins found in plants, including cyanide, pyrrolizidine alkaloids, lectins, solanine, mycotoxins, and many more. They also discuss poisonous mushrooms. Consider this: there are over 10,000 varieties of mushrooms in the world, and only a handful won’t kill you or send you on a hallucinogenic trip. Despite this, we assume that because a few mushrooms don’t cause immediate, acute reactions, they must be safe and even beneficial for us.

Just think about it: we’re eating these plants and mushrooms under the belief that they’re healthy, but the reality is that many of them contain harmful substances.

Cyanide in certain seeds, lectins in legumes, and solanine in nightshades like potatoes and tomatoes can all cause adverse health effects. Pyrrolizidine alkaloids, found in some herbs and teas, are known to cause liver damage over time. Mycotoxins, produced by fungi on grains and nuts, are potent carcinogens and can suppress the immune system.

We often forget that plants have evolved these chemical defenses precisely to avoid being eaten. The natural world is a battlefield, and plants have developed a variety of toxins to protect themselves from predators. Humans have adapted to tolerate some of these toxins to a degree, but that doesn't mean they are harmless.

Consider the case of mushrooms again. Out of the thousands of species, only a few are safe to eat. Many can cause severe illness or death, and yet we treat those few edible varieties as if they're not only safe but also superfoods. It's a bold assumption to think that just because a plant doesn't kill us on the spot, it's good for our health.

The fact that these natural toxins are more prevalent and potentially more harmful than the industrial pesticides we so often fear is eye-opening. It forces us to rethink the narrative that natural is always better. The WHO's acknowledgment of these natural plant toxins serves as a reminder that our food choices should be informed by a deeper understanding of the potential risks.

So next time you hear about the dangers of synthetic chemicals, remember that nature's own defenses can be just as, if not more, dangerous. It's crucial to look beyond the surface and understand the complex interactions between our food and

our health. This knowledge empowers us to make better choices and perhaps reconsider the blind faith we place in the so-called natural foods we consume daily.

Natural toxins in plants can pose a variety of serious health threats to both humans and livestock. Some of these toxins are incredibly potent and are present in foods we consume regularly. The adverse health effects of these toxins can range from acute poisoning, such as allergic reactions, severe stomach aches, diarrhea, and even death, to long-term consequences like impacts on the immune, reproductive, or nervous systems, and an increased risk of cancer.

Earlier, we discussed the role of mitochondria in cancer. It's important to note that many of the carcinogens found in plants can damage your mitochondria, contributing to the development of cancer.

Let's delve into some specific categories of these natural toxins, starting with lectins. Lectins are proteins found in many plants and serve a variety of functions. While lectins are also present in animal meat, they don't seem to cause harm in that context. In plants, however, lectins likely evolved as a defense mechanism against pathogens and insects. They are ancient compounds that help plants survive by deterring herbivores and insects from eating them.

Unfortunately, these lectins can also cross-react with human biology, leading to health issues. For instance, they can bind to the lining of the gut and disrupt nutrient absorption, potentially causing gastrointestinal distress and other chronic health problems. This cross-reactivity demonstrates how plant defense mechanisms can inadvertently impact human health.

Beyond lectins, there are many other natural toxins in plants. Cyanogenic glycosides, for example, are found in certain seeds and can release cyanide when metabolized, posing a severe risk to health. Mycotoxins, produced by fungi on grains and nuts, are potent carcinogens and can suppress the immune system, leading to long-term health issues.

The Hidden Dangers of Lectins

Lectins are proteins that can bind to carbohydrates, including those on the surface of your cells. This binding capability has drawn increasing research interest. Dr. Paul Mason has delivered an excellent lecture on lectins at previous Low Carb Down Under events, highlighting their potential dangers. Similarly, Dr. Steven Gundry wrote an entire book, "The Plant Paradox," discussing the toxicity of lectins, though he ultimately advocates for a plant-based diet—a conclusion I find perplexing given the evidence he presents.

While we often discuss how carbohydrates affect insulin and how hyperinsulinemia can cause various health issues, we tend to overlook the role of lectins. Certain lectins can bind to insulin receptors more tightly than insulin itself, causing a more significant insulin-like effect. This can disrupt your body’s natural insulin regulation, leading to various metabolic problems.

Moreover, lectins can bind to leptin receptors. Leptin is a hormone that signals satiety, released from your adipose tissue and stretch receptors when your stomach is full. It travels to your brain to say, "Hey, we're full; we don't need to eat more." When lectins interfere with leptin signaling, they block these satiety signals,

making you feel hungry even when you're actually full. This disruption can lead to overeating and weight gain.

This mechanism is one reason why people on a ketogenic diet often naturally reduce their food intake. By avoiding foods high in lectins and carbohydrates, they can better regulate their hunger signals and insulin levels.

In summary, lectins are a significant concern because they can disrupt critical bodily functions related to insulin and leptin. Understanding and mitigating the impact of these proteins can lead to better health outcomes, particularly for those following a low-carb or ketogenic diet. By recognizing the hidden dangers of lectins, we can make more informed dietary choices and improve our overall well-being.

Lectins are more than just dietary nuisances—they can have profound effects on your health. In some cases, reducing lectin intake can lead to significant weight loss. There was a study that looked at individuals with isocaloric intake, meaning they consumed the same number of calories, but one group removed lectins from their diet while the other did not. The group that eliminated lectins lost a significant amount of weight, while the other group did not experience the same weight loss.

Lectins have also been implicated in serious health conditions such as Parkinson’s disease. Research has shown that lectins can travel up the vagus nerve, reach the substantia nigra in the brain, and damage cells there, potentially contributing to the development of Parkinson’s disease. A fascinating study from Denmark in 2015

found that people who had undergone a vagotomy (surgical cutting of the vagus nerve) between the 1970s and 1990s experienced a 67% reduction in Parkinson's rates. This suggests a strong link between lectins and the development of this neurodegenerative disease.

One particular lectin that many people are familiar with is wheat germ agglutinin, found in wheat. This lectin can bind to the carbohydrate surface antigens on enterocytes, which are cells lining your intestines. This binding can damage or even destroy these cells, disrupting the tight junctions that normally provide a protective barrier in your gut. When these tight junctions are compromised, harmful substances like bacteria, toxins, and additional lectins can enter your bloodstream, leading to a host of problems.

This disruption can cause leaky gut syndrome, where the intestinal barrier becomes permeable, allowing substances that should remain in the gut to pass into the bloodstream. This can lead to systemic inflammation, immune responses, and various chronic health issues. Additionally, lipopolysaccharides (LPS), which are components of the outer membrane of certain bacteria, can bind to toll-like receptors on immune cells, triggering inflammatory responses.

Lectins can trigger an inflammatory cascade in the body, which can have far-reaching effects, including the development of autoimmune diseases. When lectins enter the body, they are recognized as foreign agents. The immune system responds by producing antibodies to attack these invaders. However, in genetically susceptible individuals, the surface antigens of their own cells may resemble these lectins, leading to a case of mistaken identity. This phenomenon, known as

molecular mimicry, results in the immune system attacking the body's own tissues, contributing to autoimmune diseases.

This concept isn't new. As far back as the 1800s, Dr. J.H. Salisbury, the namesake of the Salisbury steak, conducted a 30-year research project into optimal nutrition. He wrote an influential book titled "The Relation Between Alimentation and Disease," exploring the link between diet and health—a cornerstone of modern nutritional science. Salisbury's research, conducted long before the advent of processed sugar, revealed that individuals who adopted a diet consisting solely of meat and water, specifically red meat, saw remarkable health improvements.

He documented cases of people reversing conditions such as rheumatoid arthritis, Crohn's disease, and ulcerative colitis by eliminating plant foods and sticking to a pure meat and water diet. This was a century before modern medications were available to manage these conditions, and his findings were groundbreaking.

Today, people around the world are rediscovering the benefits of this approach. By removing lectins and other plant toxins from their diets, they are experiencing significant health improvements. This includes reductions in inflammation and autoimmune symptoms, supporting the notion that diet plays a crucial role in managing and even reversing chronic health conditions.

Many people are familiar with Jordan Peterson, but perhaps even more inspiring is the story of his daughter, Michaela Peterson. Michaela suffered from severe juvenile rheumatoid arthritis, a condition so debilitating that by the age of 16, she had already undergone two joint replacements—one in her ankle and the other in her hip. Her journey towards health was both challenging and remarkable.

Initially, Michaela adopted a ketogenic diet, which involves high fat, moderate protein, and very low carbohydrate intake. This dietary shift was aimed at eliminating various toxins, including nightshades—plants like tomatoes, peppers, and eggplants known for their inflammatory properties. The results were astounding. By cutting out these foods, Michaela experienced significant improvements in her symptoms. Her pain and inflammation reduced dramatically, allowing her a level of relief she hadn't thought possible.

But Michaela didn't stop there. She took her dietary experiment to the next level by eliminating all plant-based foods, including salads. She transitioned to an all-meat diet, focusing solely on consuming beef, salt, and water. This drastic change might sound extreme, but for Michaela, it was life changing. The carnivore diet provided her with even more profound health benefits, completely transforming her quality of life. Her rheumatoid arthritis symptoms subsided to the point where she could lead a normal, active life.

Michaela's story is a powerful testament to the impact that diet can have on chronic health conditions. It challenges conventional wisdom about nutrition and highlights the importance of personalized dietary approaches. Her journey from debilitating illness to health and vitality underscores the potential for dietary interventions to manage and even reverse severe autoimmune diseases. By sharing her experience, Michaela offers hope and inspiration to many others facing similar health battles.

My recommendations are designed to help you reconnect with your biological hunger and satiety cues, ultimately freeing you from the constant preoccupation with food. The ultimate goal of this eating approach is to crave and consume the most nutritionally dense, bioavailable, and biologically appropriate foods, primarily meat and other animal products.

By eating an appropriate amount of these foods based on our physiology, our satiety hormones will function correctly, preventing overeating. You'll find that you naturally stop eating when you're full and don't think about food again until the next day around the same time. This way of eating aligns with the natural cues of eating when hungry and stopping when full.

In addition to promoting overall health, this diet helps you achieve your best physical appearance. Adopting this eating pattern leads to optimal body composition and well-being. The best part about this diet is its sustainability; it's a

return to the human diet we were meant to follow before modern, processed foods disrupted our natural hunger and satiety signals.

By embracing this way of eating, you can break free from the cycle of food addiction and regain control over your appetite, leading to lasting health and fitness.

There are various eating suggestions I have for different goals and timeframes. Whether your priority is building muscle, losing fat as quickly as possible, undergoing a mini cut, or simply maintaining your current physique, the approach can vary based on your height and activity level. Each goal requires a unique nutritional strategy to optimize results and ensure your body gets the necessary nutrients for optimal performance and recovery.

I primarily advocate for fasting, particularly the One Meal a Day (OMAD) approach, especially for women aiming to maintain a lean physique. This method simplifies meal planning and helps regulate calorie intake while still providing essential nutrients. Fasting has several health benefits, including improved metabolic health, better insulin sensitivity, and enhanced mental clarity.

In the next section, I will cover fasting in general, how to align it with your menstrual cycle, and its benefits. By understanding how hormonal fluctuations throughout your cycle impact your energy levels, appetite, and metabolism, you can tailor your fasting routine to maximize its benefits. Stay tuned for more insights on how to implement fasting effectively to support your overall health and fitness goals!

Optimized Diet for Active Women: Building Muscle and Burning Fat

As I mentioned before, the goal is to eat one meal a day, ideally around the same time each day, focusing on meat and other animal products that you crave. Many people find it helpful to have a structured example to follow, as they may be uncertain about what their own eating pattern should look like.

Here is a guide you can consider, keeping in mind that your daily activity level will influence your needs. On moderately active days, such as when you've been walking around and doing weightlifting, I typically consume about 1 pound of meat. For example, I might have a pound of beef along with some eggs or salmon, or another protein that I'm in the mood for.

On days when I'm less active, like when I'm just resting at home, I usually opt for a smaller portion, such as a steak that weighs less than a pound.

Remember, this is a flexible approach that you can adjust based on your own activity levels and cravings. The key is to listen to your body's natural hunger and satiety cues, eating nutrient-dense, bioavailable foods that provide the necessary fuel for your physiology. This way of eating supports optimal health and helps you maintain a lean physique without the constant preoccupation with food.

By following this example, you'll learn to recognize your own needs and preferences, ultimately creating a sustainable eating pattern that suits your lifestyle. This is enough food to allow your body to put on muscle while using the extra fat on your body to burn for energy.

It's crucial to remember that the gut microbiome takes about three weeks to adapt to dietary changes. Transitioning gradually back to a carnivore diet can help you avoid complications such as diarrhea, constipation, or electrolyte imbalances. I also recommend reducing reliance on coffee for energy. Achieving a state where your body produces its own steady energy, free from the spikes and crashes that caffeine can cause, is beneficial for long-term health and vitality.

These are some cuts of meat that I personally enjoy, but feel free to swap out any that don't appeal to you. However, I highly recommend keeping as much red meat in your diet as possible. Experiment with different cuts and cooking times until you find what suits your taste best. Aim for at least 80% of your diet to consist of red meat, with the remaining 20% coming from fish or chicken. This balance ensures you get a variety of nutrients while maximizing the benefits of red meat.

Week-Long Carnivore Meal Plan

Monday (Weightlifting Day)

- Meal: 1 pound of beef (such as ribeye or sirloin steak)
- Additional Protein: A serving of eggs or a piece of salmon (about 6-8 ounces)

Tuesday (Moderately Active Day)

- Meal: 1 pound of meat (preferably grass-fed ground beef)

Wednesday (Weightlifting Day)

- Meal: 1 pound of beef (such as T-bone or porterhouse steak)
- Additional Protein: A serving of chicken liver or lamb chops (about 6-8 ounces)

Thursday (Moderately Active Day)

- Meal: 1 pound of meat (such as grass-fed ground beef or bison)

Friday (Weightlifting Day)

- Meal: 1 pound of beef (such as New York strip steak)
- Additional Protein: A serving of lamb or turkey (about 6-8 ounces)

Saturday (Fasting Day)

- Meal: 24-hour fast (consume only water)

Sunday (Rest Day)

- Meal: 0.7 pounds of steak (such as a smaller ribeye or filet mignon)

Three-Week Mini Cut Protocol

Rapid Shred: A 21-Day Mini Cut for Drastic Fat Loss, Lose a pound a day

This eating plan can be effectively used to cut weight quickly while ensuring you don't encounter any electrolyte imbalances or nutrient deficiencies, thanks to the nutrient density of meat. Meat provides all the essential nutrients your body needs, so you can be confident in your nutrition.

Personally, I find it easier to stick to a repetitive meal routine, focusing on one type of food for consistency and simplicity. Occasionally, I switch things up on weekends for variety. The most important part is to ensure that every day you consume close to a pound of high-protein, lean meat. If you're not very hungry, aim for at least 0.8 pounds, and on days when you need more fuel, you can go up to 1.5 pounds. Always check the labels to see how much your meat weighs and plan your portions accordingly.

If you choose to have steak daily, make sure it's not overly marbled with fat. Opt for ground beef that's around 93-95% lean, wild-caught lean salmon, or chicken breast. I personally like to buy large packs of lean skirt steaks and separate them into one-pound bags for convenience. This method helps burn fat extremely rapidly because the lean meat you’re consuming encourages your body to use stored body fat for energy.

Pairing this eating plan with regular physical activity, like getting in your daily steps, can enhance fat burning significantly. However, it's important to follow the body recomposition protocol before jumping into this plan, especially if your current diet is high in carbohydrates, includes moderate amounts of processed foods, or if you're a regular coffee drinker.

It's crucial to remember that the gut microbiome takes about three weeks to adapt to dietary changes. Transitioning gradually back to a carnivore diet can help you avoid complications such as diarrhea, constipation, or electrolyte imbalances. I also recommend reducing reliance on coffee for energy. Achieving a state where your body produces its own steady energy, free from the spikes and crashes that caffeine can cause, is beneficial for long-term health and vitality.

By adhering to this structured, nutrient-dense eating plan, you can effectively support muscle growth and fat loss, achieving your fitness goals more efficiently.

Monday (Weightlifting Day)

- Meal: 1.2 pounds of lean beef heart

Tuesday (Moderately Active Day)

- Meal: 1 pound of grass-fed ground beef (93-95% lean)

Wednesday (Weightlifting Day)

- Meal: 1.2 pounds of T-bone steak

Thursday (Moderately Active Day)

- Meal: 1 pound of beef heart (lean cut)

Friday (Weightlifting Day)

- Meal: 1 pound of New York strip steak (lean cut)
- Additional Protein: 4oz of salmon

Saturday (Fasting Day)

- Meal: 24-hour fast (consume only water)

Sunday (Rest Day)

- Meal: 0.8 pounds of filet mignon

Meal Plan for Fast Metabolisms: Maximizing Muscle Gain for Large Individuals

So, while the vast majority of people are likely focused on cutting fat and losing weight, there are still those of you with very fast metabolisms, small appetites, or taller statures whose number one priority is putting on as much muscle as possible. I've got you covered.

If you find it hard to put on weight, it's most likely due to a previous diet of foods that do not align with our biology. We are made out of saturated fat, which is found in animal products, not plant oils. Plant oils can be problematic because our bodies either can't store them efficiently or store them as a protective mechanism to prevent toxins from entering the bloodstream, keeping them locked up in fat. Switching to a diet rich in animal fats and proteins can help your body store and use nutrients more effectively.

For those with small appetites who can only manage one large meal a day, the One Meal a Day (OMAD) approach might not be suitable for you right now. Instead, I suggest eating two or three meals a day, depending on how tall and built you are, and how active you are. This is particularly important for athletes, who burn far

more calories than the average person and may have issues with nutrient absorption.

To build muscle effectively, aim for around one gram of protein per pound of body weight. If your weight is between 170 and 200 pounds, you should consume about 170 to 200 grams of protein per day. This can be achieved by incorporating high-calorie, nutrient-dense foods into your diet, ensuring you get enough calories to support muscle growth and overall energy needs.

In addition to protein, including fattier cuts of meat can provide higher energy levels and improve the taste of your meals, making it easier to consume more food. Fat is flavor, and fattier cuts like ribeye or fatty fish can make your meals more enjoyable and nutrient dense.

It's crucial to remember that the gut microbiome takes about three weeks to adapt to dietary changes. Transitioning gradually back to a carnivore diet can help you avoid complications such as diarrhea, constipation, or electrolyte imbalances. I also recommend reducing reliance on coffee for energy. Achieving a state where your body produces its own steady energy, free from the spikes and crashes that caffeine can cause, is beneficial for long-term health and vitality.

Week-Long Carnivore Meal Plan

Monday
Meal One:

- 4 eggs scrambled in butter

- 6 oz. bacon
- 1 glass of raw milk

Meal Two:

- 8 oz. grilled chicken thighs
- 2 oz. beef liver (optional for nutrient density)

Meal Three:

- 1 pound of ribeye steak
- 1 glass of raw milk

Tuesday

Meal One:

- 6 oz. ground beef (70-80% lean) patties
- 2 oz. raw cheese

Meal Two:

- 8 oz. salmon fillet
- 4 oz. shrimp cooked in butter

Meal Three:

- 1 pound of New York strip steak
- 1 glass of raw milk

Wednesday

Meal One:

- 4 eggs omelette with raw cheese
- 4 oz. sausage links

Meal Two:

- 8 oz. beef heart (sliced and grilled)
- 4 oz. chicken liver

Meal Three:

- 1 pound of T-bone steak
- 1 glass of raw milk

Thursday

Meal One:

- 6 oz. ground beef (93-95% lean) patties
- 3 oz. raw cheese

Meal Two:

- 8 oz. ribeye steak
- 4 oz. Salmon

Meal Three:

- 1 pound of grass-fed ground beef (93-95% lean)
- 1 glass of raw milk

Friday

Meal One:

- 4 eggs boiled
- 6 oz. smoked salmon

Meal Two:

- 8 oz. beef heart (sliced and grilled)
- 2 oz. beef liver

Meal Three:

- 1.2 pounds of sirloin steak
- 1 glass of raw milk

Saturday (Fasting Day)

Meal: 24-hour fast (consume only water, black coffee, or tea)

Sunday

Meal One:

- 4 eggs fried in butter
- 6 oz. ground beef (93-95% lean) patties

Meal Two:

- 8 oz. skirt steak
- 4 oz. raw cheese

Meal Three:

- 0.8 pounds of filet mignon
- 1 glass of raw milk

Human Diet Shopping List

Beef

- Ribeye steaks
- Ground beef
- Sirloin steaks
- T-bone steaks
- Chuck roast
- Brisket
- Beef liver
- Beef heart
- Beef tongue
- Oxtail
- Short ribs
- Flank steak
- Skirt steak
- Beef cheeks
- Tri-tip roast
- Picanha (sirloin cap)
- Beef marrow bones

Pork

- Pork chops
- Pork belly

- Ground pork
- Pork shoulder
- Bacon (sugar-free)
- Pork ribs
- Pork liver
- Pork sausage (without fillers)
- Pork tenderloin
- Pork loin roast
- Ham hock

Lamb

- Lamb chops
- Ground lamb
- Lamb shanks
- Lamb liver
- Lamb ribs
- Lamb shoulder
- Lamb leg
- Lamb neck
- Lamb tongue

Poultry

- Whole chicken
- Chicken thighs (skin-on)
- Chicken wings

- Chicken liver
- Turkey thighs
- Duck (whole or parts)
- Chicken drumsticks
- Chicken gizzards
- Turkey breast
- Goose

Seafood

- Salmon (wild-caught if possible)
- Shrimp
- Scallops
- Cod
- Tuna
- Sardines
- Mackerel
- Crab
- Lobster
- Halibut
- Haddock
- Mussels
- Clams
- Oysters

Game Meat

- Venison
- Bison
- Elk
- Rabbit
- Wild boar
- Moose
- Antelope
- Pheasant
- Quail

Organ Meats

- Liver (beef, pork, lamb, chicken)
- Heart (beef, pork, lamb, chicken)
- Kidneys (beef, pork, lamb)
- Tongue (beef, pork)
- Sweetbreads
- Tripe
- Spleen
- Brain

Animal Fats

- Beef tallow
- Pork lard
- Duck fat
- Goose fat

- Ghee (clarified butter)
- Bone marrow

Dairy (if tolerated)

- Butter (grass-fed if possible)
- Heavy cream
- Hard cheeses (cheddar, gouda, parmesan)
- Full-fat yogurt (plain, no sugar added)
- Cottage cheese
- Sour cream

Eggs

- Whole eggs (preferably pasture-raised)
- Egg yolks
- Duck eggs
- Quail eggs

Additional Items

- Bone broth (beef, chicken, or pork)
- Canned fish (sardines, mackerel, tuna in water or olive oil)
- Gelatin (for making bone broth or adding to dishes)

Detox Symptoms

Not everyone does, but people who jump into a keto or carnivore diet from a very unhealthy place will often encounter a few “inconveniences.” Because they don’t understand that it’s just their body detoxifying, they blame the diet and then retreat back to eating junk. Just think about it logically: why else would your body react negatively to removing toxic food other than it’s just adjusting to the change?

These are usually detox symptoms from their previous diet. As they start losing fat, many toxins stored in fat tissue are released into the bloodstream, temporarily making them feel ill until these toxins are expelled from their system. This process can manifest as flu-like symptoms, commonly referred to as the “keto flu.”

Imagine this: you’ve decided to ditch the processed foods and sugar-laden snacks, and suddenly, your body starts revolting. Headaches, fatigue, nausea—oh my! Clearly, your body must be punishing you for trying to be healthy, right? Wrong. What’s really happening is that your body is detoxing from all the garbage it’s been storing. As you burn fat, those lovely toxins stored in your fat cells are released into your bloodstream, making you feel like you’ve caught the plague.

But wait, there’s more! If you used to eat a lot of leafy greens, you might encounter something called oxalate dumping. Yes, your favorite spinach and kale have been secretly storing compounds that your body will now need to get rid of. Symptoms of oxalate dumping can include aches, pains, headaches, sore throats, cloudy

urination, mood swings, and even skin rashes. It's your body's way of saying, "Thanks for the years of oxalates. Here's your parting gift."

So, next time you feel those detox symptoms, remember: it's not the new diet that's the problem. It's your body finally clearing out the junk. Hydrate, rest, and let your body do its thing. Because the real culprit was the diet you left behind, not the one you're adopting. Keep this in mind if you run into issues; it's not a cause for concern but a sign of healing.

Detox Symptoms and the "Keto Flu"

One of the primary reasons people experience these symptoms is due to the release of toxins stored in fat cells. As you lose weight, these toxins enter the bloodstream, leading to symptoms such as headaches, fatigue, nausea, and general malaise. While this can be uncomfortable, it is a sign that your body is detoxifying and adjusting to the new diet.

Another common issue is an electrolyte imbalance. When you switch to a low-carb diet, your body tends to lose more electrolytes, particularly sodium, potassium, and magnesium, through increased urination. This can result in muscle cramps, dizziness, headaches, and fatigue. To counteract these symptoms, it's important to increase your intake of these electrolytes, either through diet or supplementation.

Dehydration is another factor that can contribute to the "keto flu." Low-carb diets often have a diuretic effect, causing you to lose water more quickly. Ensuring that you stay adequately hydrated can help manage symptoms like dry mouth, fatigue, and headaches.

Additionally, a reduction in fiber intake can lead to changes in bowel movements. Transitioning from a diet high in fibrous vegetables to a carnivore diet can cause constipation or diarrhea. Maintaining proper hydration and incorporating low-carb fiber sources can help alleviate these digestive issues.

Oxalate Dumping

If you previously consumed a lot of leafy greens, you might experience oxalate dumping. Oxalates are compounds found in many plant foods, and when you significantly reduce your intake of these foods, your body may begin to release stored oxalates. This process, known as oxalate dumping, can cause a variety of symptoms. These include bodily aches and pains (in the joints, neck, and back), headaches, a sore throat or burning tongue, cloudy or painful urination, mood changes like irritability or brain fog, dizziness, skin rashes, and even fever or chills. These symptoms typically indicate that your body is in the process of healing and expelling these compounds, rather than being caused by the new diet itself.

Managing Detox Symptoms

To manage these detox symptoms effectively, it's crucial to stay hydrated. Drinking plenty of water helps to flush toxins from your system and maintain proper hydration levels. Additionally, supplementing with electrolytes is essential to avoid imbalances that can exacerbate symptoms. Ensuring an adequate intake of sodium, potassium, and magnesium through your diet or supplements can mitigate issues like muscle cramps and fatigue. (All found in meat)

Gradually transitioning to a low-oxalate diet can also help reduce the severity of oxalate dumping symptoms. Instead of cutting out high-oxalate foods all at once, consider reducing them gradually over several weeks. This allows your body to adjust more smoothly and decreases the likelihood of experiencing severe detox symptoms.

Eating nutrient-dense foods is another important strategy. Focus on consuming high-quality animal products, such as organ meats, eggs, and fatty cuts of meat, to provide your body with essential vitamins and minerals. These nutrient-rich foods support overall health and help your body adapt to the new diet more effectively.

Rest and recovery are equally important. Allowing your body time to adjust to the dietary changes is crucial. Ensure you get enough rest and manage stress levels to support your body's adaptation process. Recognize that these symptoms are temporary and a sign that your body is healing and adjusting to a healthier way of eating.

Grass Fed Vs Grain Fed

Now, of course, the healthiest and most nutrient-dense food you can eat comes from animals that consume a natural diet aligned with their biology. Grass-fed meat is always the best option. Getting your meat from a local farmers market is like pure medicine for your body. However, I understand that not everyone has access to this.

Many people worry if eating grain-finished steak, which is more accessible, is really bad for you. Initially, I too thought that grain-fed meat was horrible and comparable to consuming seed oils. Rest assured; after doing some research, this is not the case.

When it comes to ruminant animals, such as cows, they have a very complex digestive system and are polygastric, meaning they have four stomachs. This unique system allows them to filter out toxins and impurities from their diet because they rely heavily on the bacteria in their gut for digestion. Because they are so efficient at detoxifying the food they eat, their muscle meat remains healthy and nutrient-dense.

The primary nutritional difference is that grain-fed meat tends to be fattier and sweeter, while grass-fed meat is leaner and richer in certain nutrients like omega-3 fatty acids. However, you can easily compensate for the lack of omega-3s by incorporating fish into your diet.

Additionally, the fatty acid profile of grain-finished meat isn't as detrimental as some fear. While grass-fed meat has higher omega-3 levels and a better omega-6 to omega-3 ratio, grain-finished meat still provides a good amount of protein and other essential nutrients. It’s important to remember that the majority of the detrimental effects of processed grains do not carry over into the muscle meat of ruminants due to their digestive efficiency.

In summary, while grass-fed meat is optimal due to its higher nutrient profile and leaner composition, grain-finished meat is still a nutritious and viable option. So, if access to grass-fed meat is limited, you can still enjoy the benefits of high-quality

protein from grain-fed meat without worrying too much. Just aim to balance your diet with other nutrient-rich foods like fish to ensure you're getting a comprehensive array of nutrients.

Incorporating other sources of high-quality protein and fats can help balance your diet. For example, fish provides essential omega-3 fatty acids, and organ meats from any source are incredibly nutrient-dense. Eggs, particularly those from pasture-raised hens, can also be an excellent addition to your diet.

Now, when it comes to chicken and fish, it’s a different story. These animals are mono-gastric, like us humans, meaning they have a single-chambered stomach. When they consume biologically inappropriate food, they can become inflammatory and sometimes even toxic to eat. Unlike ruminants, they cannot efficiently filter out toxins from their diet, so these toxins get stored in their fat and organs.

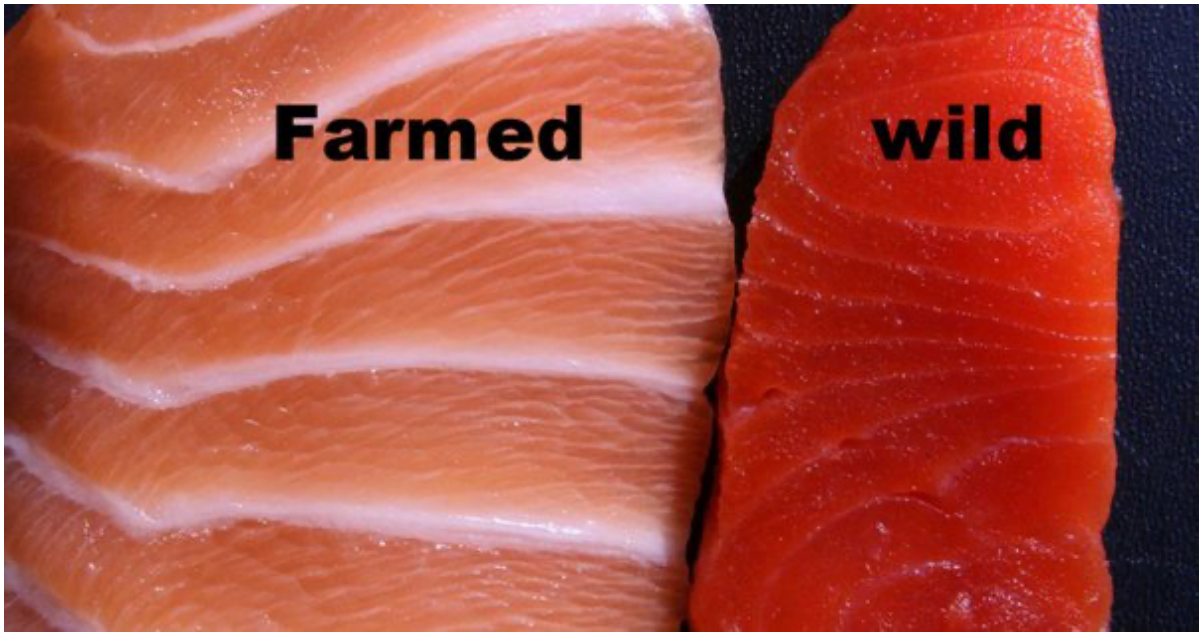
If you’re buying chicken or fish, it’s crucial to choose wild-caught fish and pasture-raised chicken. Chickens are naturally mini carnivores that eat mostly worms and insects. When they are fed grains, they become extremely metabolically unhealthy. Similarly, fish that are not consuming their natural diet of microorganisms and plants, but are instead fed processed mush, become toxic. Farmed fish, in particular, is one of the worst things you can eat. It's naturally grey and gets dyed pink to appear more appealing.

Farmed fish are often raised in overcrowded conditions and are given antibiotics and other chemicals to prevent disease, which can then accumulate in their bodies. This makes them significantly less healthy compared to wild-caught fish.

Additionally, farmed fish have a less favorable fatty acid profile, often containing higher levels of omega-6 fatty acids, which can contribute to inflammation when consumed in excess.

Now, let's talk about farmed fish and the issue of dyeing. Farmed fish, such as salmon, are often naturally grey due to their unnatural diet in captivity, which lacks the natural carotenoids found in their wild diet that give wild salmon their distinctive pink color. To make farmed fish look more appealing and similar to their wild counterparts, they are often fed synthetic astaxanthin or canthaxanthin, which dyes their flesh pink. While this makes the fish look better to consumers, it doesn't address the underlying issues related to the fish's health and nutritional profile. Farmed fish are often raised in overcrowded conditions, which can lead to higher levels of contaminants and a less favorable fatty acid profile compared to wild-caught fish. This practice of dyeing fish highlights the broader problems with farmed fish, including their unnatural diet and potential health risks.

For optimal health, it's important to prioritize wild-caught fish and pasture-raised chicken. These animals are healthier and less toxic because they eat a diet that is natural to them, free from the detrimental effects of grains and other inappropriate feeds. By making these choices, you ensure that you are consuming the most nutrient-dense and least toxic animal products available.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wild

CHAPTER 4

Eat Nothing, Gain Everything: The Life Changing Magic of Fasting

The carnivore diet stands as the pinnacle of healthful eating, a testament to its long-standing role in our evolutionary history. This diet, rich in essential nutrients, has been pivotal in enhancing human intelligence and longevity. Our status atop the food chain is not merely a cultural designation but is deeply rooted in biological evidence. Studies such as nitrogen isotope testing on our bones reveal that humans are hyper-carnivores, surpassing other meat-eating species because we consume them as well. This adaptation suggests that the diet we have historically thrived on is optimal for our health. Moreover, the timing of our meals is just as crucial as the diet itself, indicating that how often we ate plays a significant role in our biological adaptation to consuming primarily meat.

Ah, the wonders of modern dietary advice: eat early, eat often, and don't forget to snack—because our contemporary menu, overflowing with grains, plant-based concoctions, and a medley of processed delights, lacks enough nutritional value that you'd probably feel near deathly without constant refueling. These staples provide a quick zap of energy that fizzles out faster than you can say "insulin spike," compelling you to reach for yet another snack. Constantly elevating your insulin levels in this manner is a recipe for metabolic mayhem.

No matter how much I stuffed down, my body was like an insatiable black hole, endlessly seeking satisfaction from food. My attempts at fasting on this nutrient-starved diet were catastrophic, catapulting me into binge-eating frenzies so extreme they left me in physical agony, yet curiously, still feeling hollow and unsatisfied.

Then, it hit me: binge eating has become a modern plague. As our dietary guidelines spiral downward, pushing more plant-based, low-fat options—despite our

bodies screaming for fats—we're seeing a surge in people trapped in this relentless eating disorder. This isn't just a personal struggle; it's a societal alarm bell ringing louder as our food gets less fulfilling and more frequent.

Then came my shift to a carnivore diet, and what a dramatic pivot it was. For the first time, I experienced true satiety. Unintentional fasting became the norm rather than the exception, not out of dietary discipline, but because my body was finally nourished. It had stopped its constant clamoring for more food, thanks to receiving the rich nutrients it had been desperately seeking. This transition wasn't just a change in diet; it was a revelation about how deeply our eating habits can impact our bodily functions and overall well-being.

From the dawn of humanity, our food supply has been unpredictable. In response, our bodies have evolved to adapt, creating hormonal shifts to survive in times of food scarcity. Fast forward to today, where our eating habits often defy this ancient routine.

When we consume more than we can burn off, the excess energy is stored for later - a survival mechanism hardwired into our biology. The trouble arises when we constantly eat, keeping our bodies in a perpetual fed state. Our bodies won't tap into stored fat for energy until we've depleted the liver's glycogen stores.

Think of it this way: the liver first stores energy as glycogen for immediate use. Once that's full, it converts excess energy into fat. But if we're always eating, we never give our bodies a chance to access that stored fat. This leads to weight gain without tapping into this natural energy reserve.

Our bodies aren't built for constant feeding; it's an unnatural state. Humans are designed for periods of fasting, which happen naturally when we sleep and between meals. The key here is challenging the mainstream belief in frequent eating. Instead, consider flipping the script with extended periods of fasting and small windows for eating.

It's not just about what you eat; it's when you eat that matters. Fasting isn't a radical idea - you're already doing it every night when you sleep. By allowing your body to experience these fasting periods, you unlock the door to your fat stores. This isn't just about weight; it's about preventing a host of health issues that can arise when we deny our bodies the chance to reset and rejuvenate through fasting. Embrace the power of timing your meals, let your body fast, and watch the transformation unfold. Your body has incredible potential - give it the chance to thrive.

If you want to know whether a dietary choice is the right one, all you have to do is consider how long humans have been practicing it. Human evolution is a grand narrative that has shaped our biology, physiology, and behavior over millions of years. As we unravel the secrets of our evolutionary past, it becomes increasingly clear that our bodies are finely tuned to practices that have stood the test of time. To discern the health implications of our habits, we must look at human evolution, specifically in the context of debunking fad diets and modern dietary trends that may contribute to adverse health effects. Throughout the majority of human existence, our bodies have adapted to periods of fasting, and there is substantial

evidence to support the notion that our physiology is finely tuned to cope with these cycles of food scarcity.

Fat is not intended to remain a permanent fixture on our bodies; it serves as a stored energy reserve to be called upon when needed. The process of fasting unlocks this reserve, allowing the body to use stored fat for energy. In doing so, it also has the potential to address issues beyond weight management, such as the clearance of toxins and the elimination of damaged cells.

When we overeat, our bodies store excess calories in the form of fat, an evolutionary response to ensure survival during times of food abundance. Our ancestors did not follow regular meal schedules or have access to grocery stores; they consumed food when it was available and endured periods of fasting until the next successful hunt or harvest.

The stored fat is not just inert tissue; it serves as an energy reservoir. During fasting, the body mobilizes this stored fat through intricate physiological adaptations, converting it into usable energy. This process, honed by millions of years of evolution, supports not only physical endurance but also cognitive function, ensuring that our ancestors could perform optimally even in times of food scarcity. Embracing this natural rhythm of feast and famine through modern fasting practices can help us tap into our body’ s inherent ability to maintain health and vitality.

Who Should Fast

It's clear that a fasted state is our natural metabolic state, given that humans have been in this state for the majority of our existence. We all inherently fast when we sleep. Unfortunately, many people today carry more fat than necessary because they eat too frequently and don't fast long enough to allow their bodies to tap into stored energy. If you're already a lean individual, you've likely fasted enough and should simply follow your natural, intuitive eating patterns. This is one of the great aspects of the carnivore diet—eating one or two meals a day feels natural, not like a deliberate fast, as you're already following your appetite intuitively.

The issue arises when we eat out of boredom, seeking a dopamine hit and turning to food for that instant gratification. This is why I advise against relying solely on intuition when starting a healthier lifestyle, especially if your goal is fat loss. Excess fat often indicates that your hunger and satiety signals are out of balance. When fat loss is your priority, starting with two meals a day and progressing to one meal a day can be highly effective. In fact, I recommend jumping straight into one meal a day to help you truly understand what genuine hunger and satiety feel like. This practice will teach you to stay productive and occupied without using food as a source of pleasure.

By embracing this approach, you can reset your relationship with food, allowing you to experience the real benefits of fasting and intuitive eating. You'll gain a

deeper understanding of your body's natural signals and learn to use food as nourishment rather than a crutch for emotional needs. This journey will not only help you achieve your fat loss goals but also lead to a more balanced, healthy lifestyle.

If you're already lean and dramatic fat loss isn't your goal, there's no need to engage in prolonged fasts since you've likely already utilized your energy reserves. However, the more excess fat you carry, the more frequently you should consider fasting. Don't worry if that statement triggers the food addict in you—rest assured, you won't experience intense food withdrawals. In fact, the more excess fat you have, the more your body wants to reach homeostasis and return to a healthy weight. This means your appetite will be practically non-existent, and any eating you do is likely just for a dopamine hit or entertainment, not because of true hunger.

Your body is designed to work efficiently and will guide you towards optimal health if you let it. Embracing fasting and listening to your body's real hunger signals can help you break free from the cycle of eating for pleasure rather than nourishment. Trust the process, and you'll find that fasting becomes easier and more natural, leading you to a healthier, more balanced lifestyle.

Fasting allows your body to clean itself, repair damaged cells, and eliminate "zombie cells"—those dysfunctional cells that linger and cause trouble. Everyone can benefit from fasting, except for those who are underweight and already extremely lean. Nutritional deficiencies during fasting typically occur in people who fast while following a standard Western diet. However, on a carnivore diet,

you're consuming only nutrient-dense foods without any of the nutrient inhibitors found in plants.

Imagine giving your body the ultimate reset, where it has the opportunity to rejuvenate and function at its best. Fasting, especially when paired with a carnivore diet, provides all the essential nutrients your body needs, ensuring you stay strong and healthy. By eliminating plant-based inhibitors, your body can fully absorb the nutrients from the high-quality animal products you consume.

Embrace the power of fasting and the carnivore diet to unlock your body's full potential. You'll experience clearer thinking, more energy, and a greater sense of well-being as your body heals and thrives. This isn't just a diet—it's a pathway to optimal health and vitality. Take control of your health journey today and watch your body transform in ways you never thought possible.

History of fasting

Let's explore the views on fasting held by some of the most brilliant and influential men in history. Pythagoras, regarded as one of the most influential mathematicians and philosophers of ancient times, provides a compelling example. In his early adulthood, he tirelessly sought to enroll in Egyptian schools, only to be told that knowledge came through experience, which he lacked. Eventually, he was given a chance to become a student under one condition: he had to fast for 40 days. After accomplishing this feat, Pythagoras remarked, "You are not allowing Pythagoras in. I am a different man, I am reborn. Through this purification, my center of being

has changed." Pythagoras is just one among many historical figures who attested to the transformative power of fasting.

Today, fasting is often perceived as a new trend, with proponents claiming benefits such as fat loss and increased energy, while critics argue that fasting is simply a form of starvation and that three meals a day are essential. However, the idea of voluntarily restricting food is far from new. Many ancient civilizations practiced fasting for its various benefits. The Ancient Greeks, for example, embraced fasting to prepare for the Olympic games. Prominent Greek figures, including Pythagoras, swore by it. Pythagoras himself claimed that his 40-day fast gave him greater lucidity and physical strength and required all his students to fast.

Another notable figure, Plato, regarded fasting as medicinal. He famously said, "I fast for greater physical and mental efficiency." His student, Aristotle, also practiced fasting. The Father of Medicine, Hippocrates, advocated for fasting with the belief that "The natural healing force within each one of us is the greatest force in getting well... to eat when you are sick, is to feed your sickness." Plutarch, who meticulously documented ancient Greece and Rome, asserted, "Instead of using medicine, better fast today."

These historical endorsements reveal that fasting is not merely a modern fad but a practice with deep roots in human history. It has been championed by some of the greatest minds for its physical, mental, and spiritual benefits. The next time

someone questions the validity of fasting, you can point to these remarkable figures and their wisdom, demonstrating that fasting is a time-honored practice supported by some of history's most revered thinkers.

Many ancient cultures recognized and practiced fasting for various reasons, including moral, spiritual, and physical benefits. The Ancient Egyptians, for example, fasted for 30 days a year, believing it would help them uphold their morals and provide the spirit with self-control. They saw fasting as a form of restraint that could positively influence other aspects of their lives.

In Africa, the Taita and Santhal tribes had unique traditions surrounding fasting. For them, it was customary for the bride and groom to fast before getting married. Native Americans, on the other hand, ate whenever they felt the urge rather than adhering to standard meal times. They also fasted as a form of prayer for success before going to war or embarking on a hunt. Cherokee priests described fasting as "a means to spiritualize human nature and quicken the spiritual vision by abstinence from earthly food." In the Incan Empire of Peru, fasting was seen as a way to atone for one's sins.

In Celtic and Pagan societies, fasting was a legal means to address grievances. People would fast to protest specific actions, and those being protested against couldn't ignore the faster, as they believed it would result in supernatural penalties. Pagans also viewed fasting as a way to become closer to the divine and cleanse the body.

In ancient India, fasting had practical applications as well. If someone was in debt, they could fast in front of their debtor as a way to pay it off. Many Indians

continue to fast during special occasions. The Sanskrit word for fasting, "upavaasa," combines "upa" (near) and "vaasa" (to stay), which can be interpreted as staying near the divine. During the Middle Ages, long fasts were highly valued by the church, and fasting was often a requirement for sainthood.

During the Renaissance, Paracelsus, known as the father of toxicology, famously said, "Fasting is the greatest remedy—the physician within." Mark Twain also praised fasting, stating, "A little starvation can really do more for the average sick man than the best medicines and the best doctors." Similarly, Benjamin Franklin advised, "The best of all medicines are resting and fasting."

These examples illustrate that fasting is not a modern fad but a time-honored practice with deep roots in various cultures and religions. Its benefits have been acknowledged by some of history's most respected figures, highlighting its enduring significance.

Fasting has had a significant place throughout history, not just in terms of health and preparation, but also within various religious traditions for spiritual purposes. Christianity, for instance, incorporates notable fasts during Advent and Lent across different denominations. Christians believe that fasting elevates the spirit closer to God. As quoted in Luke 4:2-4, “For forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. The devil said to him, 'If you are the Son of God, tell this stone to become bread.' Jesus answered, 'It is written: ‘Man shall not live on bread alone.’”

In the Old Testament, fasting was often a means to avoid God’s wrath, either collectively or individually. Exodus 34:28 describes, “Moses was there with the

LORD forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments."

In Judaism, fasting is a key practice on days such as Yom Kippur and Tisha B'av. Various other fasts occur depending on the specific Jewish community, often commemorating historical events. Similarly, in Islam, fasting is used to control temptation and is observed from dawn to sunset during the month of Ramadan. The Quran states in 2:184, "To fast is best for you if only you knew."

Hinduism also places great importance on fasting, believing it cleanses both body and mind. The fast of Ekadashi occurs twice a month, while another significant fast in honor of Shiva takes place at the beginning of the year.

Buddhism incorporates fasting as well, with the Buddha recommending not eating after noon. Theravada Buddhists later adapted this practice to one meal a day, while Mahayana Buddhists observed several three- or six-day fasts. Regular fasting was common, and even royalty, such as Emperor Ming, engaged in fasting. Nirvana, a key concept in Buddhism, represents a transcendent state free of suffering, desire, and self, achievable through ascetic practices including fasting.

Taoists in ancient China and India also practiced fasting, viewing the abandonment of food as the first step toward immortality. They believed that by avoiding physical food, which turns into waste, they could absorb spiritual energy instead, feeding their soul rather than their body.

Throughout these examples, it becomes clear that fasting has been a multifaceted practice used for health, spirituality, and preparation across different cultures and religions.

The Benefits of Fasting

Now, I don't want you to think of fasting as a forced way of self-restricting or time-limiting your eating. When you adopt a carnivore diet and your body becomes fully fat-adapted, no longer relying on carbs and other sources, you shift to burning the meat you eat and your own body fat. This transition makes your body much more efficient at burning fat, both from the food you consume and from your body's stores.

As a result, you naturally end up only wanting to eat once a day, maybe twice at most. This is not a form of self-torture where you are constantly fighting off the urge to eat. The feeling of being perpetually hungry is not normal, and by becoming fat-adapted, you will restore your natural appetite. You'll find that eating once a day is sufficient because your body is using your own fat for energy when you are not eating, which keeps you extremely healthy.

The ultimate goal is to eat as naturally as possible, which means eating when you are hungry, stopping when you are full, and looking and feeling amazing. In a natural setting, our ancestors would likely have eaten once a day, maybe once every few days if animals were scarce. This pattern allowed them to remain fit, healthy, and efficient.

With a carnivore diet, your body no longer experiences the blood sugar spikes and crashes associated with carb-heavy diets. Instead, you have a steady source of energy from fat, which keeps you feeling satiated and energized throughout the day. This makes the idea of fasting much more manageable and sustainable, as it aligns with your body's natural rhythms.

Furthermore, when you eat nutrient-dense, high-quality animal products, your body receives all the essential nutrients it needs, reducing the frequency and intensity of hunger. The proteins and fats from meat provide a slow, steady release of energy, keeping you full and satisfied for longer periods.

The process of becoming fat-adapted might take some time, and initially, you may experience cravings and hunger pangs. However, as your body adjusts, these feelings will subside, and you will find yourself naturally gravitating towards one or two meals a day. This effortless way of eating aligns with your body's biological design, making it easier to maintain in the long term.

1. Save Money

By adopting OMAD (One Meal A Day), you can significantly reduce your food expenses, potentially saving at least $600 a month. This financial relief allows you to allocate your resources to other productive activities or investments, enhancing your overall quality of life.

2. Save Time

OMAD saves you a considerable amount of time that would otherwise be spent on preparing and consuming multiple meals throughout the day. This freed-up time can be utilized for more productive tasks, personal development, or simply enjoying more leisure activities.

3. Improve Digestion

Fasting with OMAD gives your digestive system a much-needed break. Your gallbladder, stomach, pancreas, and large bowel get time to rest and heal, which can be especially beneficial if you suffer from digestive issues like irritable bowel syndrome. This rest period helps in improving overall digestive health.

4. Boost Immune System

OMAD promotes autophagy, a process where your body recycles damaged proteins and cells, including viruses, fungi, mold, and Candida. This natural detoxification strengthens your immune system, making it more efficient at defending against illnesses and infections.

5. Longevity

Regular fasting through OMAD has been linked to increased lifespan. By giving your body a break from constant digestion and promoting cellular repair, you can potentially extend your life and improve your overall health and vitality.

6. Reduced Hunger

Once your body adapts to the OMAD routine, you will experience a significant reduction in hunger and cravings. This is because your body becomes efficient at burning fat for fuel, providing a steady source of energy and reducing the need for frequent meals.

7. Better Skin

The process of autophagy stimulated by fasting helps in repairing and rejuvenating your skin cells. This leads to smoother, younger-looking skin, as damaged cells are replaced with healthy new ones, providing a natural anti-aging effect.

8. Increased Energy

OMAD can lead to a noticeable increase in physical energy. By optimizing your metabolism and utilizing stored fat for energy, you experience sustained energy levels throughout the day without the crashes associated with frequent eating.

9. Improved Mood

Fasting can significantly improve your mood by stabilizing blood sugar levels. Many mood disorders, such as depression and anxiety, are linked to blood sugar imbalances. By regulating these levels, OMAD helps in enhancing your emotional well-being.

10. Enhanced Cognitive Function

Fasting has been shown to improve cognitive functions such as memory, focus, and concentration. It is particularly beneficial for preventing and improving conditions like dementia, as it promotes brain health and mental clarity.

11. Reduced Inflammatory Conditions

OMAD can help reduce inflammation in the body. Conditions such as bursitis, tendinitis, arthritis, and even rheumatoid arthritis can improve as the fasting process addresses underlying blood sugar issues that cause inflammation.

12. Lower Blood Pressure

High insulin levels are a major cause of high blood pressure. By reducing insulin through fasting, OMAD can help lower your blood pressure, promoting better cardiovascular health and reducing the risk of heart disease.

13. Heart Health

Intermittent fasting, such as OMAD, can significantly improve the health of your arteries and heart. It helps in reducing insulin resistance and lowering the risk of diabetes-related complications, which are major contributors to heart disease.

14. Improve Dementia and Cognitive Health

Fasting enhances cognitive functions and can help in preventing or improving dementia. The process of autophagy clears out damaged cells and promotes the growth of new, healthy brain cells, leading to better mental health and function.

This renewal of brain cells can significantly enhance memory, focus, and overall cognitive performance.

15. Manage and Prevent Diabetes

Fasting is highly beneficial for managing and preventing diabetes. By reducing insulin resistance, it helps in controlling pre-diabetes and can even improve or fix hypoglycemia, a condition many people suffer from without realizing it. This regulation of blood sugar levels is crucial for overall health and well-being.

16. Improve Fatty Liver

Fasting can help improve the condition of a fatty liver. By reducing the fat stored in the liver, it aids in liver function and overall metabolic health. This can be a critical step in reversing fatty liver disease and improving liver health.

17. Enhance Fat-Burning

Fasting turns your body into a fat-burning machine. You'll lose excess belly fat and achieve a flatter stomach, which is not only aesthetically pleasing but also beneficial for your overall health. By burning stored fat for energy, your body becomes more efficient at utilizing its resources.

18. Strengthen Self-Discipline

Practicing fasting is an excellent way to strengthen your self-discipline. The act of abstaining from food for extended periods requires mental strength and willpower.

Over time, this practice enhances your ability to resist temptations and builds stronger self-control, which can be beneficial in various aspects of life.

19. Improve Muscle Physiology

Contrary to what you might think, fasting does not harm your muscles. In fact, it improves muscle physiology and density. Fasting stimulates the production of growth hormone, which has a protective effect against muscle loss and promotes muscle growth. This is particularly important for maintaining muscle mass and strength.

20. Boost Metabolic Rate

If you have a slow metabolism, fasting can help fix it. By promoting efficient fat burning and metabolic flexibility, fasting raises your metabolic rate, allowing you to lose weight more effectively and maintain a healthy metabolism in the long term.

21. Enhance Mental Clarity

Fasting significantly improves mental clarity. Many people report experiencing a euphoric feeling and heightened mental acuity during fasting periods. This improved mental state can enhance productivity, creativity, and overall cognitive function.

22. Improve Overall Well-Being

Fasting leads to a general improvement in overall well-being. People often feel better, both physically and mentally, when they are fasting. The process of autophagy, better metabolic health, and enhanced energy levels contribute to a greater sense of well-being and happiness. This holistic improvement makes fasting a valuable practice for maintaining a healthy and balanced life.

In her book “Fasting Like a Girl”, Dr. Mindy Pelz, who holds a Doctor of Chiropractic degree and is renowned for her expertise in functional health and fasting, states the following about fasting:

For millennia, our hunter-gatherer forebears roamed the earth, subsisting as foragers in an unpredictable world devoid of agriculture. These early humans experienced involuntary fasting as a regular part of life, feasting heartily when they could find food, only to face periods of fasting once again. This cycle of feast and famine was not merely a way of life but a crucible for evolutionary adaptation.

Many researchers support the "thrifty gene" hypothesis, which suggests that these harsh conditions favored the development of a particular genotype in humans—a genetic framework equipped with cellular mechanisms adept at navigating the cyclical nutritional landscape of fasting followed by feasting. This genetic coding, still believed to be present in modern humans, supposedly enabled our ancestors to efficiently store and utilize nutrients during times of food scarcity.

Proponents of the thrifty gene hypothesis argue that deviating from this feast-famine pattern—by adhering to the modern regimen of constant eating—is at odds with our genetic makeup. This misalignment, they claim, contributes significantly

to the soaring rates of obesity and diabetes observed today. Our bodies, encoded with millennia of adaptive strategies for intermittent fasting, are ill-suited to the contemporary practice of continuous consumption.

In examining these patterns, both ancient and modern, it becomes evident that there is profound healing potential in embracing fasting—not just as a dietary choice, but as a return to our ancestral roots, offering a corrective course for our modern ailments.

In the 5th century B.C., Hippocrates, widely regarded as the father of modern medicine, pioneered the use of fasting as a primary healing tool. At a time when prevailing beliefs attributed disease to divine retribution, Hippocrates introduced a radical notion: diseases arise from natural causes, influenced by environmental factors, diet, and lifestyle habits. Among his therapeutic arsenal was a regimen strikingly similar to what we now recognize as intermittent fasting and the ketogenic diet. He recommended, "People should exercise on an empty stomach, consume predominantly fatty meats as they are more satiating, and limit themselves to one meal per day." He believed this approach could combat a range of ailments, from epilepsy to boosting resistance against the plague.

Was fasting encoded into our genetics from the start? Did Hippocrates uncover a timeless truth about human health thousands of years ago? In today's world, where food is incessantly available, could fasting be the forgotten key to healing? Emerging scientific evidence strongly supports this idea. This chapter delves into the modern embodiment of fasting, the biological mechanisms activated during fasting, and the expanding body of research suggesting that prolonged fasting can

activate numerous cellular repair processes, offering extensive health benefits, particularly for women.

To understand fasting, it's essential to recognize that your cells can derive energy from two primary sources: sugar and fat. Initially, when you eat, your cells utilize glucose from your bloodstream, sourced from the carbohydrates in your food. This 'sugar-burner' energy system supports the myriad cellular functions necessary for daily activities. However, when you cease eating, and your blood sugar levels begin to wane, your body initiates a transition to its second energy system—the 'ketogenic' or 'fat-burner' system. This transition is akin to a hybrid car switching from gasoline to electricity; it marks the onset of fasting's benefits. Although the timing varies by individual, research indicates that it typically takes about eight hours after your last meal for your body to fully engage its fat-burning mode.

Understanding these two metabolic pathways is crucial as it frames fasting not just as an absence of eating, but as a strategic switch that taps into an alternative energy system, potentially unlocking profound health benefits and promoting cellular repair and rejuvenation.

If you've never surpassed eight hours without eating, you might not have tapped into the healing potential of your body's fat-burner energy system. One of the most thorough studies on fasting, published in *The New England Journal of Medicine* in December 2019, reviewed over 85 research papers and made a compelling case for intermittent fasting. The study advocates using intermittent fasting as a primary intervention for conditions like obesity, diabetes, cardiovascular diseases, neurodegenerative disorders, and cancer. It also highlighted the anti-aging properties of fasting and its benefits in pre- and post-operative healing scenarios.

This significant meta-analysis underscored several critical cellular responses activated when we periodically switch to our fat-burning metabolism. These include:

Increased Ketone Production: Ketones, produced during fasting, serve as an efficient energy source for the brain and other tissues. Ketones are an organic compound that the liver produces when your blood sugar drops. They serve as an alternative fuel source for your cells when glucose is not readily available. A hallmark sign that your body is burning fat for energy is the presence of ketones.

The healing benefits of having low levels of ketones surging through your system are nothing short of astounding. Ketones are reparative, meaning they target specific tissues in your body and regenerate them. This is particularly crucial for nervous tissue, offering incredible benefits for any neurodegeneration that may have occurred in the brain.

Ketones possess the extraordinary ability to regenerate damaged neurons, which carry information throughout your brain. This results in improved memory, enhanced ability to retain new information, and increased focus and mental clarity.

Moreover, ketones are a preferred fuel source for your mitochondria—the powerhouses of your cells. If your mitochondria are sluggish and not providing the necessary energy to function optimally, ketones will power them back up, offering the ultimate mitochondrial reset. This energy is vastly different from the energy you get from eating. Unlike the sugar-burner system, where your energy levels

fluctuate, ketone energy is consistent, giving you both physical and mental clarity throughout your day.

The wonders of ketones don't stop with brain repair and energy. Ketones also interact with the hypothalamus in your brain to turn off your hunger hormone. This is a significant reason why the more you fast, the less hungry you become. As your brain senses ketones during a fasted state, it uses those ketones to suppress hunger. Many fasters leverage this decline in hunger to extend their fasts, gaining even more healing benefits.

Additionally, the rise in ketones triggers the release of GABA, a calming neurotransmitter with anti-anxiety effects. This leaves you feeling more relaxed despite not eating any food. The sheer power of ketones in promoting healing, boosting energy, and enhancing mental clarity is truly remarkable.

An important point to remember is the time it takes for your body to switch from burning sugar to burning fat, a process known as becoming fat-adapted. This transition can vary greatly from person to person, typically taking between three days to two weeks, but in some cases, it can extend up to six weeks or more. This variation depends on several factors, including your previous diet, metabolic health, and how strictly you adhere to a ketogenic or low-carb diet.

When you first reduce your carbohydrate intake, your body continues to crave and seek out glucose, the primary energy source it has relied on. During this initial phase, you might experience symptoms commonly referred to as the "keto flu," which can include fatigue, headaches, irritability, and brain fog. These symptoms

occur because your body is depleting its glycogen stores and has not yet efficiently switched to burning fat for fuel.

As you persist with a low-carb diet, your body gradually starts to increase its production of ketones, which are produced from the breakdown of fats in the liver. These ketones begin to replace glucose as your primary energy source. However, this process is not instantaneous. It requires your cells, particularly your muscle and brain cells, to adapt to using ketones and fatty acids instead of glucose.

During the adaptation period, your body undergoes several metabolic changes. Enzymes involved in fat oxidation become more active, and the number of mitochondria in your cells can increase to enhance your ability to produce energy from fat. Your liver also ramps up its ability to produce ketones efficiently.

The length of this adaptation period can be influenced by how long you've been consuming a high-carb diet, your level of physical activity, and your individual metabolic health. Athletes or individuals with a high level of physical fitness might experience a quicker adaptation due to their body's already efficient energy utilization processes.

Once fully fat-adapted, you'll notice a more consistent energy level throughout the day without the spikes and crashes associated with carbohydrate consumption. You'll also experience improved mental clarity, reduced hunger, and a greater ability to burn stored body fat for energy, which can contribute to weight loss and enhanced metabolic health.

To understand this better, think of your body needing to create new cellular "machinery" to transition from burning sugar to burning fat. It's like converting a house from coal heating to electric heating. You would need to install new equipment and hook up the necessary wires for the electric system to work.

Similarly, when your body shifts to using fat as its primary fuel source, it has to develop new metabolic pathways and cellular processes. Imagine sugar burning as using dirty fuel like diesel or coal, which produces a lot of waste and is noisy. In contrast, burning fat is akin to using clean energy sources like solar power or electric cars, which are efficient, quiet, and produce minimal waste.

Running your body on ketones is an absolute game-changer! Say goodbye to the highs and lows of fluctuating blood sugar levels. With ketones, you'll experience a stable, level-headed state all day long. Your brain will absolutely thrive on this clean, efficient fuel, giving you sharper memory and better focus.

Ketones are the original fuel source for the brain, the fuel our ancestors relied on. Back in the day, they didn't consume sugar-laden foods or eat multiple meals a day. Instead, their bodies were designed to run on ketones, not sugar. This means fewer complications, a cleaner fuel source, and more efficient energy. Get ready to unlock your brain's full potential and experience a whole new level of mental clarity and stability!

Until very recently, we've been consuming a lot of sugar, but now it's time to return to what our bodies are truly designed to run on—ketones. This is a much better fuel source, and once you experience the benefits, you'll never want to go back to relying on sugar.

One of the amazing things about ketosis is that it protects your protein. On this eating plan, you won't have to worry about your body breaking down its own protein. That issue only arises when insulin is present, leading to the conversion of protein into fat. Many people worry about losing muscle mass, but with ketosis, you'll actually gain muscle mass. Your ligaments, tendons, and collagen will all improve.

Enhanced Mitochondrial Stress Resistance: Improves the resilience and efficiency of mitochondria, the energy factories of our cells. Mitochondria, often referred to as the powerhouses of our cells, play a crucial role in energy production and overall cellular health. These tiny organelles are responsible for generating adenosine triphosphate (ATP), the primary energy currency of the cell. Given their vital function, maintaining mitochondrial health is essential for our overall well-being. Recent research has highlighted the significant impact of fasting on enhancing the resilience and efficiency of mitochondria. By adopting fasting practices, individuals can promote mitochondrial biogenesis, reduce oxidative stress, and improve metabolic flexibility, leading to better health outcomes.

One of the primary ways fasting benefits mitochondria is by promoting mitochondrial biogenesis—the process by which new mitochondria are formed within the cell. During periods of fasting, the body experiences a reduction in glucose availability, which triggers a metabolic shift towards utilizing stored fats as an energy source. This shift leads to an increase in the production of ketones, which serve as an alternative fuel for the body. The presence of ketones has been shown to stimulate the production of peroxisome proliferator-activated receptor gamma coactivator 1-alpha (PGC-1α), a critical regulator of mitochondrial

biogenesis. By enhancing the number and function of mitochondria, fasting supports improved cellular energy production and overall metabolic health.

Fasting also plays a significant role in reducing oxidative stress, which is a major contributor to mitochondrial damage and dysfunction. Oxidative stress occurs when there is an imbalance between the production of reactive oxygen species (ROS) and the body's ability to neutralize them with antioxidants. High levels of ROS can damage mitochondrial DNA, proteins, and lipids, impairing their function and leading to various health issues. Fasting has been shown to enhance the activity of antioxidant defense mechanisms, such as superoxide dismutase (SOD) and catalase, which help neutralize ROS and protect mitochondria from oxidative damage. By reducing oxidative stress, fasting helps preserve mitochondrial integrity and function.

Another crucial benefit of fasting is the improvement in metabolic flexibility—the ability of cells to switch between different fuel sources efficiently. In a typical Western diet, the constant availability of glucose from frequent meals can lead to a reliance on carbohydrates for energy production. This metabolic inflexibility can reduce the efficiency of mitochondria and lead to metabolic disorders such as insulin resistance and type 2 diabetes. Fasting, by contrast, encourages the body to utilize stored fats and ketones for energy, enhancing the flexibility and efficiency of mitochondrial energy production pathways. This metabolic adaptability not only improves mitochondrial function but also supports better blood sugar regulation and overall metabolic health.

Additionally, fasting induces a process known as autophagy, a cellular housekeeping mechanism that helps remove damaged mitochondria and other

cellular debris. During autophagy, cells break down and recycle damaged components, including dysfunctional mitochondria, which can otherwise contribute to cellular dysfunction and disease. By promoting the clearance of damaged mitochondria and encouraging the production of new, healthy ones, fasting helps maintain optimal mitochondrial function and cellular health.

The benefits of fasting on mitochondrial health extend beyond individual cells to impact overall physiological function. Enhanced mitochondrial efficiency translates to better energy production, which supports higher physical and cognitive performance. Improved metabolic flexibility and reduced oxidative stress contribute to a lower risk of chronic diseases, including cardiovascular disease, neurodegenerative disorders, and metabolic syndrome. Moreover, the promotion of autophagy through fasting has been linked to increased longevity and a reduced risk of age-related diseases.

Boosted Antioxidant Defenses: Protects cells from oxidative damage and reduces inflammation. Fasting has gained significant attention for its potential health benefits, particularly its ability to protect cells from oxidative damage and reduce inflammation. These benefits are critical in preventing a range of chronic diseases and promoting overall health and longevity.

Oxidative damage occurs when there is an imbalance between free radicals and antioxidants in the body. Free radicals are unstable molecules that can damage cells, proteins, and DNA by stealing electrons through a process called oxidation. This damage is a significant contributor to aging and various diseases, including cancer, cardiovascular diseases, and neurodegenerative disorders. Antioxidants, on

the other hand, neutralize free radicals and prevent them from causing harm. Fasting enhances the body’s ability to manage oxidative stress in several ways.

Firstly, fasting promotes the production of endogenous antioxidants, which are the body's natural defense against oxidative damage. During fasting, the body initiates a process called autophagy, where cells remove damaged components and recycle them for energy. This cellular cleanup reduces the accumulation of oxidative damage and enhances cellular function. Additionally, fasting increases the activity of certain genes and pathways involved in stress resistance and longevity, such as the Nrf2 pathway. Nrf2 is a transcription factor that regulates the expression of antioxidant proteins, helping to neutralize free radicals and protect cells from oxidative stress.

Moreover, fasting helps to reduce the overall production of free radicals. When the body is in a fasting state, it shifts its energy production from glucose to fatty acids and ketones. This metabolic switch decreases the reliance on glycolysis, a process that produces a significant amount of free radicals. By reducing glycolytic activity and increasing the use of ketones, the body generates less oxidative stress, thereby protecting cells from damage.

In addition to protecting against oxidative damage, fasting also plays a crucial role in reducing inflammation. Chronic inflammation is a persistent, low-grade inflammatory response that can lead to tissue damage and contribute to various diseases, including diabetes, arthritis, and cardiovascular diseases. Fasting has been shown to reduce inflammation through several mechanisms.

One key mechanism is the modulation of inflammatory pathways. Fasting decreases the activity of pro-inflammatory cytokines, such as tumor necrosis factor-alpha (TNF-α) and interleukin-6 (IL-6). These cytokines are signaling molecules that promote inflammation and are elevated in many chronic diseases. By reducing their levels, fasting helps to mitigate the inflammatory response and protect tissues from damage.

Furthermore, fasting enhances the production of anti-inflammatory molecules. For example, it increases the levels of adiponectin, a protein hormone that has anti-inflammatory effects and improves insulin sensitivity. Higher adiponectin levels are associated with reduced inflammation and a lower risk of metabolic diseases. Additionally, fasting induces the production of specialized pro-resolving lipid mediators, which help to resolve inflammation and promote tissue healing.

Another important aspect of fasting's anti-inflammatory effects is its impact on gut health. The gut microbiome, which consists of trillions of microorganisms, plays a crucial role in regulating inflammation. Fasting has been shown to promote a healthy gut microbiome by increasing the diversity of beneficial bacteria and reducing the abundance of harmful bacteria. A balanced gut microbiome helps to maintain the integrity of the gut barrier, preventing the leakage of pro-inflammatory substances into the bloodstream and reducing systemic inflammation.

The implications of fasting for long-term health are profound. By protecting cells from oxidative damage and reducing inflammation, fasting can help to prevent a wide range of chronic diseases and promote healthy aging. Moreover, these benefits extend beyond physical health, as oxidative stress and inflammation are

also linked to cognitive decline and mental health disorders. Therefore, incorporating fasting into one's lifestyle can have far-reaching positive effects on overall well-being.

Fasting offers powerful protection against oxidative damage and inflammation, two major contributors to chronic diseases and aging. Through mechanisms such as enhancing antioxidant production, reducing free radical generation, modulating inflammatory pathways, and promoting gut health, fasting helps to maintain cellular integrity and support long-term health. As research continues to uncover the myriad benefits of fasting, it becomes increasingly clear that this ancient practice holds great promise for modern health and wellness.

Promoted Autophagy: The body's way of cleaning out damaged cells, to regenerate newer, healthier cells. Fasting has long been celebrated for its various health benefits, but one of its most remarkable effects is the promotion of autophagy. Autophagy, derived from the Greek words "auto" (self) and "phagy" (eating), is the body's natural process of cleaning out damaged cells and regenerating newer, healthier ones. This self-cleaning mechanism is crucial for maintaining cellular health, preventing disease, and promoting longevity. In recent years, scientific research has shed light on how fasting can significantly enhance autophagy, offering a powerful tool for improving overall well-being.

Autophagy is a vital cellular process where cells break down and recycle their own components. This process helps remove damaged proteins and organelles, thereby preventing the accumulation of cellular debris that can lead to various diseases, including cancer, neurodegenerative disorders, and cardiovascular diseases. By

clearing out these damaged components, autophagy supports the regeneration of healthy cells, enhancing the body's ability to function optimally.

Fasting has been shown to be a potent activator of autophagy. When the body is in a fasted state, it experiences a reduction in nutrient and energy intake, which triggers a cellular stress response. This response initiates the autophagic process, enabling cells to degrade and recycle their own components to meet energy demands. During periods of fasting, the body prioritizes the removal of damaged or dysfunctional cellular components, making way for the regeneration of new, functional cells.

One of the key benefits of fasting-induced autophagy is its role in neuroprotection. The brain, being a highly metabolic organ, is particularly susceptible to the accumulation of damaged proteins and organelles. Autophagy helps clear these toxic elements, reducing the risk of neurodegenerative diseases such as Alzheimer's, Parkinson's, and Huntington's disease. By promoting the removal of these harmful substances, fasting supports cognitive health and preserves brain function.

Moreover, autophagy plays a crucial role in cancer prevention. Cancer cells often exploit autophagy to support their rapid growth and survival under stressful conditions. However, during fasting, autophagy can help eliminate pre-cancerous cells and suppress tumor initiation. By enhancing the body's ability to detect and destroy these aberrant cells, fasting provides a natural defense mechanism against cancer development.

Fasting-induced autophagy also contributes to improved metabolic health. By removing damaged mitochondria and other cellular components, autophagy enhances cellular efficiency and energy production. This process can help mitigate the effects of metabolic disorders such as obesity, type 2 diabetes, and fatty liver disease. By promoting the turnover of dysfunctional cellular components, fasting supports the maintenance of a healthy metabolic state.

In addition to these benefits, autophagy has been linked to increased longevity. Studies in various organisms, including yeast, worms, and mice, have shown that enhanced autophagy extends lifespan. By continuously clearing out damaged cells and promoting cellular regeneration, autophagy helps maintain tissue and organ function over time, contributing to a longer, healthier life.

To harness the benefits of fasting-induced autophagy, various fasting protocols can be adopted. Intermittent fasting, which involves cycles of eating and fasting, is one popular approach. Methods such as the 16/8 (16 hours of fasting followed by an 8-hour eating window) or alternate-day fasting can effectively stimulate autophagy. Extended fasting, typically lasting 24-48 hours or longer, can also promote deeper autophagic processes. It is essential to approach fasting with caution and consult a healthcare professional, especially for those with underlying health conditions.

Fasting-induced autophagy is a powerful mechanism that promotes cellular health by cleaning out damaged cells and regenerating newer, healthier ones. This process offers numerous health benefits, including neuroprotection, cancer prevention, improved metabolic health, and increased longevity. By incorporating fasting into our lifestyle, we can harness the natural power of autophagy to enhance our overall well-being and pave the way for a healthier, more vibrant life.

Enhanced DNA Repair: Increases the body's ability to mend damaged DNA, which is crucial for preventing mutations that could lead to cancer. One of the most significant benefits of fasting is its ability to enhance DNA repair mechanisms. This process is crucial for preventing mutations that could lead to cancer. This essay explores how fasting enhances DNA repair and its implications for cancer prevention.

DNA, the blueprint of life, is constantly subjected to damage from both internal and external sources. These sources include ultraviolet light, radiation, environmental toxins, and metabolic byproducts like reactive oxygen species (ROS). If left unrepaired, DNA damage can lead to mutations, which may cause cells to grow uncontrollably and form tumors, leading to cancer.

The body has evolved sophisticated mechanisms to repair damaged DNA. These include direct reversal, base excision repair, nucleotide excision repair, and double-strand break repair pathways. The efficiency of these repair mechanisms is critical for maintaining genomic integrity and preventing cancer.

Fasting has been shown to positively influence DNA repair mechanisms. During periods of fasting, the body undergoes a metabolic shift from glucose metabolism to fat metabolism, leading to the production of ketones. This metabolic shift has several beneficial effects on cellular processes, including enhanced DNA repair.

One of the primary ways fasting enhances DNA repair is by reducing oxidative stress. Oxidative stress occurs when there is an imbalance between the production

of ROS and the body's ability to detoxify these harmful byproducts. Excessive ROS can damage DNA, proteins, and lipids, leading to mutations and cancer.

Fasting reduces the production of ROS by decreasing the metabolic rate and switching the energy source from glucose to ketones. Ketones produce fewer ROS compared to glucose metabolism, thereby lowering oxidative stress and reducing the incidence of DNA damage.

Fasting activates various cellular stress response pathways that enhance DNA repair mechanisms. One such pathway is the activation of sirtuins, a family of proteins that play a key role in cellular health and longevity. Sirtuins regulate several aspects of DNA repair, including the stabilization of the DNA repair machinery and the promotion of efficient repair processes.

Additionally, fasting induces autophagy, a cellular process that removes damaged components and recycles them for energy. Autophagy helps in the clearance of damaged DNA and supports the repair process by providing the necessary resources and cellular machinery.

Fasting has been shown to upregulate the expression of genes involved in DNA repair. Research indicates that fasting triggers the activation of transcription factors such as FOXO and p53, which play crucial roles in the DNA damage response. These transcription factors enhance the expression of DNA repair genes, leading to improved repair efficiency and reduced mutational burden.

The enhancement of DNA repair mechanisms through fasting has significant implications for cancer prevention. By reducing oxidative stress, activating cellular

repair pathways, and upregulating DNA repair genes, fasting helps maintain genomic integrity. This reduces the likelihood of mutations that can lead to cancer.

Furthermore, fasting has been shown to improve the efficacy of cancer treatments. For instance, fasting can sensitize cancer cells to chemotherapy and radiation therapy by enhancing DNA repair mechanisms in healthy cells while leaving cancer cells more vulnerable to treatment-induced damage.

Fasting is a powerful tool that enhances the body's ability to repair damaged DNA, which is crucial for preventing mutations and reducing the risk of cancer. By reducing oxidative stress, activating cellular repair pathways, and upregulating DNA repair genes, fasting supports genomic integrity and promotes overall cellular health. As research continues to unveil the molecular benefits of fasting, it becomes increasingly clear that this ancient practice holds promise as a modern strategy for cancer prevention and health optimization. Embracing fasting, within safe and guided parameters, could be a significant step towards a healthier and cancer-free life.

Reduced Glycogen Stores: Encourages the body to switch from sugar to fat as its primary energy source. One significant effect of fasting is the reduction of glycogen stores, which encourages the body to switch from using sugar to fat as its primary energy source. This metabolic switch not only aids in weight management but also offers a range of health benefits, including improved metabolic health and enhanced energy efficiency.

Glycogen is a stored form of glucose, primarily found in the liver and muscles. It serves as a readily available source of energy that can be quickly mobilized to meet immediate energy needs. When you consume sufficient protein, they are broken down into glucose, which enters the bloodstream. Excess glucose is converted into glycogen and stored in the liver and muscles for later use.

Under normal conditions, the body relies on glycogen for energy, especially during short-term fasting or high-intensity exercise. However, glycogen stores are finite and typically depleted after 12 to 24 hours of fasting or prolonged exercise. Once glycogen stores are exhausted, the body must find an alternative energy source to sustain its functions.

Fasting accelerates the depletion of glycogen stores as the body seeks to maintain blood glucose levels and energy supply. During the initial stages of fasting, the liver breaks down glycogen into glucose, which is released into the bloodstream to provide energy for vital organs and tissues, particularly the brain, which relies heavily on glucose.

As fasting continues and glycogen stores diminish, the body undergoes a metabolic shift. This shift, known as metabolic switching, marks the transition from using glucose to utilizing fat as the primary energy source. This process is crucial for sustaining energy levels during prolonged periods without food.

When glycogen stores are depleted, the body begins to break down stored fat into fatty acids and ketones. This process, known as lipolysis, occurs in adipose tissue, where fat is stored. The fatty acids are then transported to the liver, where they are converted into ketones through a process called ketogenesis.

Ketones serve as an efficient and stable energy source, particularly for the brain and muscles. Unlike glucose, which can cause fluctuations in blood sugar levels, ketones provide a steady supply of energy, promoting mental clarity and physical endurance. This metabolic switch from sugar to fat offers several health benefits:

Switching to fat as the primary energy source enhances the body's ability to burn stored fat, aiding in weight loss and improving body composition. This is particularly beneficial for individuals with excess body fat, as fasting helps mobilize fat stores and promotes fat oxidation.

Fasting and the subsequent reduction in glycogen stores improve insulin sensitivity. By reducing the reliance on glucose and lowering insulin levels, fasting helps the body use insulin more effectively. This can prevent or manage insulin resistance and type 2 diabetes, conditions characterized by impaired insulin function.

The metabolic switch to fat and ketones provides a consistent and sustained energy supply, reducing the energy fluctuations associated with glucose metabolism. This results in improved mental clarity, focus, and physical stamina, as the body efficiently utilizes its fat stores.

Utilizing fat as a primary energy source during fasting activates cellular pathways associated with longevity and health. Ketones have been shown to reduce oxidative

stress and inflammation, enhance mitochondrial function, and promote cellular repair processes, contributing to overall health and longevity.

Fasting plays a pivotal role in depleting glycogen stores and prompting the body to switch from sugar to fat as its primary energy source. This metabolic switch not only supports weight management and improved insulin sensitivity but also promotes stable energy levels and cellular health. By embracing fasting, individuals can harness the power of metabolic switching to optimize their health, enhance energy efficiency, and potentially extend their lifespan. As research continues to explore the benefits of fasting, it becomes increasingly clear that this ancient practice offers a powerful tool for modern health and wellness.

Decreased Insulin Levels: Lowers the risk of insulin resistance, which is associated with type 2 diabetes. Lowering insulin levels through fasting can significantly reduce the risk of developing insulin resistance, a condition closely linked to type 2 diabetes. This essay explores the mechanisms by which fasting decreases insulin levels and its implications for preventing type 2 diabetes.

Insulin is a hormone produced by the pancreas that plays a crucial role in regulating blood sugar levels. After eating, carbohydrates are broken down into glucose, which enters the bloodstream. In response, the pancreas releases insulin to help cells absorb glucose and use it for energy or store it for future use. However, when the body is exposed to consistently high levels of insulin, often due to frequent eating and high-carbohydrate diets, cells can become less responsive to insulin. This condition, known as insulin resistance, forces the pancreas to produce even more insulin to maintain normal blood sugar levels, eventually leading to type 2 diabetes when the pancreas can no longer keep up with the demand.

Fasting can disrupt this cycle by lowering insulin levels and improving insulin sensitivity. When an individual fasts, the absence of food intake leads to a decline in blood sugar levels, prompting a corresponding decrease in insulin secretion. Without the constant presence of insulin, cells become more sensitive to the hormone. This improved sensitivity means that when insulin is released after a meal, it is more effective at facilitating glucose uptake by cells, thereby reducing the likelihood of insulin resistance.

During fasting, the body undergoes several metabolic changes that contribute to lower insulin levels. One significant change is the shift from glucose metabolism to fat metabolism. In the absence of dietary carbohydrates, the body begins to break down stored fat into fatty acids and ketones, which serve as alternative energy sources. This metabolic shift reduces the reliance on glucose and, consequently, the need for insulin. As insulin levels drop, the body becomes more efficient at using fat for energy, further enhancing insulin sensitivity.

Moreover, fasting promotes the reduction of visceral fat, the fat stored around internal organs. Visceral fat is particularly harmful because it is metabolically active and releases inflammatory markers and hormones that contribute to insulin resistance. By decreasing visceral fat, fasting can reduce these harmful effects and improve overall metabolic health.

In addition to these metabolic changes, fasting can influence several hormonal pathways that regulate insulin sensitivity. For example, fasting stimulates the production of adiponectin, a hormone that enhances insulin sensitivity and has

anti-inflammatory properties. Higher levels of adiponectin are associated with better glucose regulation and reduced risk of type 2 diabetes.

Another important hormone affected by fasting is glucagon, which has the opposite effect of insulin. During fasting, glucagon levels rise, stimulating the breakdown of glycogen (stored glucose) in the liver and promoting gluconeogenesis (the production of glucose from non-carbohydrate sources). This process ensures a steady supply of glucose for essential functions during fasting periods without the need for high insulin levels. The balance between insulin and glucagon is crucial for maintaining metabolic homeostasis and preventing insulin resistance.

The benefits of fasting on insulin levels and insulin sensitivity have been demonstrated in numerous studies. Research has shown that intermittent fasting, which involves alternating periods of eating and fasting, can significantly reduce fasting insulin levels and improve markers of insulin sensitivity. These findings suggest that incorporating fasting into one's lifestyle can be a powerful strategy for reducing the risk of type 2 diabetes.

Fasting offers a natural and effective way to lower insulin levels and improve insulin sensitivity, thereby reducing the risk of insulin resistance and type 2 diabetes. By allowing the body to shift from glucose to fat metabolism, reducing visceral fat, and influencing hormonal pathways, fasting helps maintain metabolic health and prevent the onset of chronic diseases. As more people seek ways to improve their health and well-being, fasting presents a promising approach to achieving and maintaining optimal metabolic function.

Decreased Protein Synthesis: Reduces the wear and tear on cells, potentially extending their lifespan. One of the critical mechanisms by which fasting may contribute to longevity is through the reduction of protein synthesis. By decreasing protein synthesis, fasting reduces cellular wear and tear, which can help maintain cellular integrity and function over time, potentially extending the lifespan of cells and, by extension, the organism.

Protein synthesis is a fundamental biological process where cells produce new proteins based on the genetic instructions encoded in DNA. Proteins are essential for nearly all cellular functions, including structural support, enzymatic activity, signaling, and transport. While protein synthesis is vital for growth and repair, it is also an energy-intensive process that generates metabolic byproducts, which can contribute to cellular damage over time. Excessive or dysregulated protein synthesis can lead to the accumulation of misfolded proteins and oxidative stress, both of which are associated with aging and age-related diseases.

During fasting, the body enters a state of nutrient scarcity, which triggers several adaptive responses aimed at conserving energy and resources. One of these responses is the down regulation of protein synthesis. This reduction in protein synthesis is primarily mediated by the inhibition of the mechanistic target of rapamycin (mTOR) pathway, a central regulator of cell growth and metabolism. Under normal conditions, mTOR promotes protein synthesis in response to nutrient availability, especially amino acids and growth factors. However, during fasting, decreased nutrient availability leads to reduced mTOR activity, resulting in a corresponding decrease in protein synthesis.

By reducing protein synthesis, fasting minimizes the metabolic burden on cells. This reduction in metabolic activity lowers the production of reactive oxygen species (ROS) and other harmful byproducts, which are known to cause oxidative damage to cellular components, including proteins, lipids, and DNA. Oxidative damage is a significant factor in cellular aging, as it impairs cellular function and contributes to the development of age-related diseases such as neurodegeneration, cardiovascular diseases, and cancer. Therefore, by decreasing protein synthesis and reducing oxidative stress, fasting helps to protect cells from damage and maintain their functional integrity over time.

Moreover, the decrease in protein synthesis during fasting allows cells to focus on repairing and maintaining existing proteins rather than producing new ones. This shift in cellular priorities enhances the quality control mechanisms within the cell, such as autophagy. Autophagy is a cellular process that degrades and recycles damaged or misfolded proteins and organelles, thus preventing their accumulation and promoting cellular homeostasis. By promoting autophagy, fasting helps to eliminate potentially harmful components and supports the rejuvenation of cells, which is crucial for longevity.

Additionally, decreased protein synthesis during fasting reduces the risk of protein aggregation, a phenomenon where misfolded proteins clump together and form insoluble aggregates. Protein aggregation is implicated in several age-related neurodegenerative diseases, including Alzheimer’s, Parkinson’s, and Huntington’s diseases. By limiting the synthesis of new proteins and enhancing the clearance of damaged ones, fasting can mitigate the risk of protein aggregation and its associated cellular dysfunctions.

The benefits of reduced protein synthesis through fasting extend beyond individual cells to the whole organism. In various model organisms, such as yeast, worms, and mice, calorie restriction and fasting have been shown to increase lifespan and delay the onset of age-related diseases. These findings suggest that the conserved biological mechanisms activated by fasting, including reduced protein synthesis, play a crucial role in promoting longevity.

Fasting decreases protein synthesis, reducing cellular wear and tear, and potentially extending the lifespan of cells and the organism. By down regulating mTOR activity and shifting cellular priorities towards maintenance and repair, fasting minimizes oxidative stress, enhances autophagy, and prevents protein aggregation. These protective effects help maintain cellular integrity and function over time, supporting overall health and longevity. Embracing fasting as part of a healthy lifestyle could, therefore, be a valuable strategy for promoting longevity and preventing age-related diseases.

Further studies emphasize that the timing of meals significantly impacts metabolic health, sometimes more than the content of the meals themselves. For instance, research published in *The Journal of Nutrition, Health & Aging* in 2018 demonstrated that obese individuals who ate within an eight-hour window experienced substantial metabolic improvements, regardless of their diet. Similarly, a 2020 study in *Cell Metabolism* found that consuming the same amount of food in a shorter, 10-hour period led to greater metabolic benefits than spreading meals over 14 hours.

These findings vividly illustrate that by condensing your eating times and extending your fasting periods, you can engage more deeply with your body's

natural regenerative processes, potentially leading to profound health improvements.

Different Fasting Lengths

OMAD

I don't consider anything less than 24 hours a fast because, quite frankly, it's not. One Meal A Day (OMAD) is my favorite type of fasting. It’s easy, efficient, and one of the best things you can do for your health. We've been biologically designed to have one big meal or hunt, eat, and then fast until the next day or even the next few days. This pattern keeps us mentally sharp and efficient at finding the next meal. Food has never been as abundant as it is now, which is why humans are developing all these health complications from overeating and consuming the wrong foods.

Now, some people might not have a big enough appetite to consume a sufficient amount of food in one sitting initially. If that’s the case, I suggest gradually working your way up to it. Start by cutting down from three meals to two. Then, make the timing of those two meals closer together. Finally, bring it down to one meal.

When it comes to the timing of your meal, here’s a hack that helped me when I was transitioning and struggling with eating out of boredom. I would have a huge, delicious breakfast, like a perfectly cooked ribeye with some eggs fried in butter, or any other appealing cut of meat I had in the fridge. And then, that’s it for the day.

The reason this worked is simple. Toward the end of the day, when I felt the urge to eat out of boredom, I would remind myself that I was going to bed soon. Before I knew it, it would be the next day, and I could eat whatever I wanted. This mindset was incredibly helpful for sticking to the routine because it made the fasting period seem much shorter. I just had to tell myself that I could eat very soon.

Over time, I noticed that I didn't have a big appetite in the morning. This allowed me to push my mealtime further until after my workout, usually around the middle of the day. This adjustment made OMAD more manageable and effective for me.

So, if you're considering OMAD, don't rush it. Gradually adjust your meal frequency and timing to what feels natural for you. Remember, our bodies are designed to handle periods of fasting, and it can be incredibly beneficial for your health. Stick with it, and you'll likely find that it becomes a natural and enjoyable part of your routine.

Now, my favorite part of OMAD is that once your body gets used to it, you no longer feel hunger outside of your designated eating time. Your body clock simply adjusts to getting hungry around that one specific time you always eat. In the first week or two, I experienced grueling hunger pains and constantly felt like I needed to eat. But this wasn't actual hunger; it was simply my gut bacteria, which had been feeding off unhealthy, useless food, dying off. Only the beneficial, steak-eating bacteria survived—these are the ones we want to thrive in our system.

Once you adjust to eating at this one specific time, your body becomes incredibly efficient at burning your own fat for fuel. This means you don't get hungry anymore because, in a sense, you are always eating. Your body is continuously

drawing energy from your fat stores, keeping your energy levels stable and your mind sharp.

During the adjustment period, it's important to understand what's happening in your body. The initial hunger pangs are your body's way of signaling the transition. Your gut bacteria are adapting to your new eating pattern, and your metabolism is shifting from relying on frequent food intake to utilizing stored fat. This phase can be challenging, but once you push through it, the benefits are profound.

One significant advantage of OMAD is that it simplifies your daily routine. You don't have to worry about multiple meals or snacks throughout the day. You can focus on other aspects of your life, knowing that your one meal will provide all the necessary nutrients and energy. This simplicity is liberating and can reduce the stress associated with meal planning and preparation.

Moreover, OMAD enhances your body's natural metabolic flexibility. By training your body to go extended periods without food, you become more adept at switching between fuel sources—using stored fat when food is scarce and efficiently processing the nutrients from your meal when you do eat. This metabolic efficiency can lead to improved energy levels, better mental clarity, and a greater sense of overall well-being.

Over time, you'll find that your body becomes attuned to this eating schedule. You'll naturally feel hungry around your designated meal time, and the rest of the day, you'll experience sustained energy without the distraction of constant hunger. This newfound freedom from the need to eat multiple times a day allows you to fully engage in your activities and enjoy life without the constant thought of food.

In summary, OMAD is a powerful way to optimize your health and streamline your lifestyle. The initial adjustment period can be tough, but once your body adapts, you'll experience the benefits of increased metabolic efficiency, sustained energy levels, and a simplified daily routine. By embracing this eating pattern, you can transform your relationship with food and unlock a new level of vitality and well-being.

48 HOURS

Twice a month, embarking on a weekend fast can work wonders for you. This particular length of fasting positively impacts your mental state the most. It helps break any kind of addiction, including food addiction. When you abstain from dopamine-spiking experiences for a certain period, your dopamine baseline levels down-regulate. This means you start to derive happiness from the simple, everyday things in life, rather than constantly seeking out intense rushes from mind-numbing junk food, endless scrolling on TikTok, or other addictive behaviors.

We are naturally dopamine seekers because, in the past, the activities that provided us with dopamine also kept us alive—like hunting, eating nutritious meals, and procreating. However, in today's world, we are drowning in dopamine. We are addicted to it, obtaining it from sources that make us unproductive and unhealthy. We are essentially abusing this natural chemical that our brain releases.

A 48-hour fast acts as a sort of "dopamine fast" because you're not indulging in those immense rushes. As a result, your natural dopamine baseline levels come down, and life becomes pleasurable again. Remember, what goes up must come

down. Instead of experiencing a harsh crash due to high dopamine levels, creating an equilibrium yourself makes it much easier to control your urges and avoid addiction.

During a weekend fast, your body isn't just detoxing from food; your mind is detoxing from the constant bombardment of high-stimulation activities. This reset can help you break free from unhealthy habits. By stepping away from these dopamine-driven behaviors, you allow your brain to recalibrate. The little things in life become enjoyable again, and you regain control over your impulses.

Additionally, a weekend fast can enhance your mental clarity and focus. Without the constant need for external stimulation, you can engage more deeply with your thoughts and surroundings. You become more present and mindful, appreciating the world in a more grounded way.

Fasting also encourages self-discipline and resilience. It teaches you that you don't need to give in to every craving or urge. This sense of control extends beyond the fast, helping you make better choices in your daily life.

A 48-hour fast twice a month is more than just a physical detox; it's a mental and emotional reset. It helps you break free from the cycle of dopamine addiction, lowers your baseline dopamine levels, and allows you to find joy in the simple things again. By incorporating this practice into your routine, you can improve your mental clarity, increase your self-discipline, and foster a healthier relationship with food and other dopamine-inducing activities.

72 HOURS +

Now, I only suggest this length of fasting if you are very overweight and have a lot of stored calories. In such cases, it makes perfect sense to go this long without eating because you have more than enough food already stored on your body. The primary focus should be on maintaining electrolyte balance, which can be managed with minerals and salt. This approach can be particularly effective for those with significant weight to lose, as your body will utilize the stored fat for energy, making the fasting period more manageable.

For individuals dealing with serious health issues, extended fasting offers substantial benefits. When your body is not preoccupied with digestion, it can divert more energy toward healing. This is crucial for those with conditions that require intensive healing processes. The fasting period allows the body to enter a state of autophagy, where it breaks down and recycles damaged cells, promoting overall health and recovery.

If you are at a normal weight, however, extended fasting might not be advisable. Without a high amount of body fat, your body may perceive the prolonged fasting as a sign of starvation. In response, it could lower your metabolism and thyroid function to conserve energy, which is counterproductive if your goal is to maintain a healthy weight or lose a moderate amount of fat. This adaptive response can lead to a range of issues, including fatigue and metabolic slowdown, which are not desirable when trying to achieve optimal health.

Extended fasting has shown remarkable benefits, especially for those healing from major illnesses. Research on three-day water fasts, initially conducted on chemotherapy patients, demonstrated significant improvements in immune

function. During a three-day fast, the body initiates a deep cleaning process where ineffective white blood cells are destroyed, and new, more resilient ones are generated. This process can be transformative for individuals battling cancer, persistent autoimmune conditions like rheumatoid arthritis, and type 2 diabetes.

Moreover, extended fasting plays a crucial role in cancer prevention. Our bodies constantly produce cancer cells, but a robust immune system can typically manage and eliminate them before they turn into tumors. However, stress—be it physical, emotional, or chemical—can compromise our immune system, reducing its ability to detect and fight off these cells. Extended fasting helps reset the immune system, making it more effective in its role as a guardian against chronic diseases.

Another profound benefit of extended fasting is the boost in stem cell production. Stem cells are vital for repairing injured body parts and healing stubborn injuries. This regenerative process also contributes to anti-aging, as it targets and repairs cells that have degenerated, restoring them to a healthier state. This comprehensive cellular repair can lead to improved skin health, enhanced energy levels, and a more youthful appearance.

Fasting Hacks When Starting

Avoid Chugging Water

Now, let’s think about something logically. We’ve all heard how camels store water in their humps, keeping them hydrated in the desert. Well, the truth is, their humps don’t actually store water; they store fat. This is a crucial distinction because it highlights how fat serves multiple purposes beyond just energy storage.

You've probably been told that one pound of fat equals 3,500 calories and that to burn one pound of fat, you have to burn that many calories. However, our body fat is not a pure, dense oil. It's a combination of water and lipids. This is why, after a day of fasting where you're not excessively drinking water but simply drinking when thirsty, a lot of your body fat gets converted into carbon dioxide, which you then breathe out. The rest of the fat gets used for water production, which you then sweat out or urinate, leading to noticeable weight loss on the scale. You didn't burn over 6,000 calories in a day; instead, the water weight has been flushed out.

Just like a camel, when food and water are scarce, our bodies convert fat into water and energy. This process is a natural adaptation to ensure survival. So, when fasting, it is counterintuitive to force yourself to drink excessive amounts of water. Constantly chugging a gallon of water can actually be detrimental. Instead, simply drink when you're thirsty.

Our bodies are remarkably efficient at turning fat into water. We can convert a gram of fat into more than a gram of water, which is why people still urinate even when dry fasting. If you drink excessive amounts of water while fasting, you will flush out your electrolytes. These electrolytes are crucial for maintaining energy levels and fluid balance. Flushing them out can make you ravenously hungry because your body needs those electrolytes, prompting you to seek food.

Additionally, by adhering to your body's natural thirst signals, you maintain a balance that supports the fat-to-water conversion process. This natural balance is key to understanding how our bodies manage hydration and energy, especially during fasting.

Salt Under the Tongue

When you place salt under your tongue, it gets absorbed directly into the bloodstream through the mucous membranes in your mouth. This method of absorption is much faster than ingesting salt through food or drinks, which have to pass through the digestive system first.

1. Electrolyte Balance:
Salt is a key source of sodium, an essential electrolyte that helps maintain fluid balance in the body. When fasting, your body continues to lose sodium through urine and sweat. If sodium levels drop too low, you may experience increased hunger and cravings as your body signals the need to restore electrolyte balance. By consuming salt, you help maintain this balance, which can reduce feelings of hunger.

2. Regulating Hormones:
Sodium plays a role in regulating various hormones that affect hunger and satiety. Adequate sodium levels can help modulate the release of hormones like ghrelin, which stimulates appetite. By keeping these hormone levels in check, salt can help reduce hunger pangs and make fasting more manageable.

Electrolytes, including sodium, potassium, magnesium, and calcium, are crucial for maintaining fluid balance, nerve function, and muscle function. During fasting, especially when you are not consuming any food, your body continues to lose electrolytes through urine and sweat. If these electrolytes are not replenished, you may experience symptoms such as fatigue, headaches, dizziness, and muscle cramps.

One of the main challenges during fasting is managing hunger and cravings. Sodium plays a key role in regulating your body's hydration levels and blood pressure. By maintaining adequate sodium levels, you can help reduce feelings of hunger and stabilize your energy levels, making the fasting period more manageable.

Electrolytes, particularly sodium, are essential for proper nerve function and muscle contraction. When your body is low on sodium, you may feel sluggish, tired, and mentally foggy. By placing salt under your tongue, you quickly restore sodium levels, which can enhance your energy and mental clarity during fasting.

While fasting, especially if you're not consuming any liquids (dry fasting), your body still needs to manage its hydration levels. Sodium helps retain water in your body, preventing dehydration. By taking salt, you support your body's ability to maintain hydration even when you're not drinking water.

Proper electrolyte balance supports various bodily functions, including heart rhythm, blood pressure, and pH balance. During fasting, maintaining this balance is crucial to avoid negative side effects and support overall health.

I recommend some brands of salt that have other minerals in them as well and have been tested for microplastics. Two of my favorites are Redmond Real Salt and Celtic Sea Salt. These salts not only provide sodium but also come with a rich profile of essential minerals that can support your overall health during fasting.

Redmond Real Salt

Redmond Real Salt is a natural, unrefined salt harvested from ancient sea beds in Utah. It contains over 60 trace minerals, including iodine, calcium, potassium, and magnesium, which are beneficial for maintaining electrolyte balance. Redmond Real Salt is also tested for microplastics, ensuring that you are consuming a pure and clean product. The salt has a slightly sweet and mineral-rich taste, making it a great addition to your fasting regimen.

Celtic Sea Salt

Celtic Sea Salt is another excellent choice. Harvested from the coastal regions of France, it is known for its gray color and slightly moist texture, indicating its high mineral content. Celtic Sea Salt is rich in essential minerals like magnesium, potassium, and calcium, which help support your body's functions during fasting. This salt is also tested for microplastics, ensuring you get a clean, natural product. Its complex flavor enhances the taste of your food while providing the necessary minerals.

Avoid Refined Table Salt

It's important to avoid refined table salts like Morton's, which are primarily composed of sodium chloride and often stripped of their natural minerals. These refined salts can also contain additives like anti-caking agents and iodine, which are not as beneficial as the naturally occurring minerals found in unrefined salts.

Coffee

I used to think coffee was great for fasting—a little life hack for energy. However, as I delved deeper into the nature of seeds, my perspective changed. Seeds are the most highly defended part of a plant, packed with toxins to deter predators. Coffee beans are, in fact, seeds. The energy boost you feel from coffee is not a sign of nourishment but rather your body's reaction to a poison. Coffee increases your cortisol levels, mimicking a stress response. Essentially, your body thinks it's under attack, prompting a fight-or-flight reaction. If an insect were to ingest coffee, it would be fatal. The energized feeling you get from coffee is due to its pesticide properties, part of its natural defense mechanism.

The terms "pesticide," "homicide," and "insecticide" all share a common root—death. Coffee cannot be good for you when it functions as a pesticide. It's widely consumed and highly addictive because it exhausts your adrenal glands, leaving you with chronic fatigue once the initial buzz wears off. If you struggle with sleep, coffee is likely a major culprit. I highly recommend removing it from your diet if you're a current coffee addict. It's essentially poison bean juice, and eliminating it can greatly improve your health and well-being.

Tea

The same goes for tea. Tea leaves are the dehydrated leaves of the plant, which, like seeds, are highly defended and packed with toxins to avoid being eaten. Drinking tea is akin to consuming anti-nutrient water, often laced with microplastics from the teabags. While tea might have a pleasant aroma and taste, it's essentially another form of toxic plant juice.

There’s no need to make drinking tea or coffee a daily ritual. If you’re out with friends and don’t want to be the awkward one sitting there without a beverage, having a cup occasionally is fine. But don’t let it become a regular habit. Both coffee and tea can be harmful to your health when consumed frequently, and it’s best to avoid them as much as possible.

In conclusion, while coffee and tea are socially accepted and often seen as harmless or even beneficial, they come with hidden dangers. The toxins in these plant-based beverages can stress your body, disrupt your sleep, and lead to long-term health issues. By eliminating these "poison plant juices" from your diet, you can reduce unnecessary stress on your body and improve your overall health. Instead, focus on consuming nourishing, natural foods that truly support your well-being.

Fasting With Your Cycle

Around that time of the month, increased cravings are common. It’s okay to listen to your body and eat more fatty steak to support your hormones and have a healthy cycle. Before adopting a carnivore diet, I used to gain around 10 pounds because I would attack food, specifically carbs. However, after transitioning to a carnivore lifestyle, I simply eat a little more meat than usual and don’t have to battle these cravings anymore. Now, I only gain around 1 to 3 pounds, which is simply the extra water weight our bodies hold onto right before and during menstruation. This weight goes back down once the cycle is over.

One of the significant changes I noticed is the disappearance of cystic, painful acne. This improvement is not just something I felt; others have also commented

on my clearer skin. By eliminating garbage foods from my diet and focusing on nutrient-dense meat, my skin has become much smoother. When you're no longer shoving junk food into your mouth and blaming it on cravings, your body gets the nutrients it needs from high-quality meat.

Your brain often makes you crave the most hyper-palatable foods because, in nature, the more delicious a food is, the more nutrients it typically has. However, in our modern world, man-made foods often reverse this logic. By sticking to a carnivore diet, your body learns to crave the nutrient-rich, delicious, fatty pieces of red meat, resulting in healthier, clearer skin. Combining fasting with red meat can give you the smoothest skin of your dreams.

I also no longer experience excruciating menstrual cramps. They have simply vanished, which I attribute to the reduction of carbs and their damaging effects. Carbs create a ton of inflammation in the body, causing blood sugar levels to rise and drop drastically. This instability can lead to bloating and mood swings, making menstrual symptoms worse. By eliminating carbs and focusing on meat, inflammation decreases, and menstrual cramps significantly reduce or disappear altogether.

The transition to a carnivore diet has also helped maintain a stable weight. Instead of the 10-pound fluctuations I used to experience, I now only see minor changes due to water retention. This stability makes it easier to manage and track overall health and fitness goals.

Another benefit of the carnivore diet during menstruation is the stabilization of mood. The drastic blood sugar spikes and crashes from a carb-heavy diet can lead

to significant mood swings. With a carnivore diet, the consistent intake of protein and fat helps maintain stable energy levels, which in turn stabilizes mood.

1. Menstrual Phase (Days 1-5)

This is the phase when bleeding occurs. During this time, hormone levels of estrogen and progesterone are at their lowest, which can lead to feelings of fatigue and low energy. It's a time for the body to shed the uterine lining, and you might feel more tired and less motivated to exercise or engage in strenuous activities. Cravings might still be present but tend to be lower compared to the premenstrual phase.

2. Follicular Phase (Days 1-14)

The follicular phase overlaps with the menstrual phase initially and continues until ovulation. During this phase, the body prepares for potential pregnancy by growing follicles in the ovaries. Estrogen levels gradually rise, leading to an increase in energy levels and improved mood. This is a great time to engage in physical activities and take on new challenges as you are likely to feel stronger and more motivated.

Cravings and Strength:

- Cravings are usually minimal during this phase.
- Increased energy and strength due to rising estrogen levels.
- Better mood and higher motivation to exercise and be active.

3. Ovulatory Phase (Around Day 14)

Ovulation occurs around the middle of the cycle, when the mature egg is released from the ovary. Estrogen peaks just before ovulation, leading to a surge in luteinizing hormone (LH) that triggers the release of the egg. This phase is often associated with feeling your best—energetic, confident, and in high spirits.

Cravings and Strength:

- Cravings are still low.
- Peak in energy and physical strength.
- Increased libido and overall sense of well-being.

4. Luteal Phase (Days 15-28)

The luteal phase begins after ovulation and lasts until the start of the next menstrual period. Progesterone levels rise, preparing the body for a potential pregnancy. If pregnancy does not occur, both progesterone and estrogen levels drop, leading to the onset of menstruation. The second half of the luteal phase, often referred to as the premenstrual phase, is when cravings and symptoms of PMS (premenstrual syndrome) are most intense.

Cravings and Strength:

- Cravings, especially for carbs and comfort foods, are heightened in the week before the period.
- Increased hunger due to hormonal fluctuations.

- Feelings of fatigue and weakness, as the body retains more water and experiences bloating.
- Mood swings, irritability, and emotional sensitivity.

Week Before the Period: Heightened Cravings and Weakness

The week before your period, during the late luteal phase, is typically when cravings are at their peak. Hormonal changes, particularly the drop in estrogen and rise in progesterone, can lead to increased appetite and cravings for high-carb, high-sugar foods. This phase can also be marked by physical and emotional symptoms like fatigue, irritability, and mood swings, making it a challenging time.

After the Period: Spike in Testosterone and Increased Strength

Right after your period ends, during the early follicular phase, you experience a spike in testosterone levels. This hormonal shift brings a surge of energy, improved mood, and increased physical strength. You may feel more motivated, happier, and stronger, making it an ideal time to engage in vigorous physical activities and set new fitness goals.

Staying Motivated Checklist

Keep These Reminders at the Forefront of Your Mind to Ensure Your Success in Fasting The transition to a fasting lifestyle might seem challenging at first, but with persistence, it will become your natural way of eating. Remember, the feeling of

wanting to overindulge is temporary. As you read this, the unhealthy gut bacteria that thrive on junk food are dying off.

Be Patient and Persistent

Hang in there a little longer. Before you know it, you will become fat-adapted, and those hunger pangs will be a thing of the past. Your body will efficiently burn fat for fuel, reducing the frequency and intensity of hunger. The discomfort you feel now is just a phase, and it will pass as your body adjusts.

Enjoy the Physical Benefits

Allow your body to take a break from constant digestion, enabling autophagy and cellular repair to occur. This process will lead to a leaner face, tighter skin, and overall improved appearance. Your dream physique is within reach. As your body starts eating away at its own fat stores, you will become leaner and healthier. This transformation could be just a few weeks, or even days, away.

Find Productive Distractions

Engage in activities that bring you joy and keep you distracted from thoughts of food. Whether it's a hobby like painting or drawing, styling your hair, or reorganizing your room, find something that excites you. These activities can help shift your focus and keep you motivated.

Trust Your Body's Fat Stores

Understand that the fat on your body is more than enough to sustain you. There are literally hundreds of thousands of calories stored in your fat, so there's no need to eat outside of your one meal a day of nutrient-dense meat. You already have ample calories to spare, and your body will use them efficiently.

Visualize Your Goals

Start visualizing the dream figure and the optimal state of health you've always wanted. Look up people who inspire you and keep you motivated to commit to your health goals. Visualization is a powerful tool that can help you stay focused and driven.

Overcome Primitive Urges

Recognize that the part of your brain urging you to eat constantly is the primitive, "lizard" part of your brain. This part is simply trying to keep you alive, mistakenly thinking you're in a famine. However, you know better. You are fasting to reset your dopamine baseline levels because your body currently craves dopamine from food, not the food itself.

Reset Your Dopamine Levels

Understand that fasting helps lower your dopamine baseline levels. Right now, your body craves the dopamine hit from food. By fasting, you are training your brain to find pleasure and satisfaction in simpler things, rather than seeking constant stimulation from eating.

CHAPTER 5

Frequently Asked Questions: Debunking the Myths and Revealing the Reality

When the topic of a carnivore diet arises, it's common to encounter a chorus of skepticism and doubt, largely from individuals who may not have delved deeply into the subject. They often echo concerns and misconceptions they've absorbed from mainstream discourse, perpetuating a cycle of misinformation about the supposed dangers of this dietary approach. Yet, the carnivore diet is deeply ingrained in human history, resonating with our ancestral eating patterns.

My own journey mirrors this cycle of skepticism and revelation. Initially, I found myself aligned with the mainstream doubts, questioning the validity and safety of the carnivore diet. However, everything changed when I decided to experience it firsthand. The transformation was nothing short of remarkable. I felt a surge of vitality and strength, akin to a superhero awakening to their powers.

Driven by this personal transformation, I embarked on an in-depth exploration of the carnivore diet, approaching it with the rigor of a PhD-level researcher. I delved into each commonly held question and concern, only to discover that many of them were easily dismantled when subjected to thorough scrutiny. The so-called scientific foundations upon which these myths were built turned out to be shaky at best, lacking the robust evidence one would expect. This journey into the heart of the carnivore diet not only debunked popular myths but also shed light on the profound alignment between this way of eating and our biological heritage. It was a journey from doubt to discovery, revealing the untapped potential of a diet that has been misunderstood and misrepresented for far too long.

Won’t I get scurvy from vitamin C deficiency?

Firstly, the common belief that a lack of fruits leads to scurvy is often rooted in historical anecdotes, particularly those involving sailors and pirates in the past. Many people imagine that these seafarers, deprived of fresh produce while at sea, succumbed to scurvy due to a fruitless diet. However, this simplistic view overlooks crucial details about their actual diet. The reality is that these sailors primarily consumed mostly bread and a minimal amount of dried, salted, and preserved meat, which is significantly different from fresh meat in terms of nutritional content. Additionally, their diets were not exclusively meat-based; most of their diet consisted of large amounts of carbohydrates from crackers, biscuits, bread and grains. This is what originally led to the widely believed false assumption that not consuming fruits will give you scurvy.

Another point to consider is the role of vitamin C, a water-soluble vitamin, in preventing scurvy. Fresh meat does contain a sufficient amount of vitamin C to prevent the disease. However, the drying process used to preserve meat for long sea voyages removes moisture, and with it, the vitamin C content. This distinction is vital in understanding why scurvy was prevalent among sailors and pirates, and why a well-balanced modern diet that includes fresh meat is unlikely to result in such deficiencies.

The second aspect of this discussion revolves around the impact of a high-carbohydrate diet on nutritional requirements, particularly concerning vitamin C. It's important to note that the body's need for vitamin C, along with other vitamins and minerals, escalates significantly when consuming a diet rich in carbohydrates. This is due to the structural similarities between glucose and vitamin C; their molecules are nearly identical. This similarity extends to their absorption mechanisms, as both nutrients utilize the same pathways to enter cells.

This shared pathway leads to direct competition between glucose and vitamin C for cellular uptake. In this competition, glucose typically has the upper hand, being preferentially absorbed by cells. As a result, a diet high in carbohydrates can hinder the absorption of vitamin C, thereby increasing the body's requirement for this essential nutrient. Understanding this dynamic is crucial for assessing dietary needs and ensuring adequate vitamin C intake, especially in the context of a high-carbohydrate diet.

Professor Bart Kay, who has a decade of expertise in human nutrition science and is renowned for reviewing studies and publishing his own, shared his insights on the topic during an interview with Dr. Anthony Chaffee.

Indeed, it is essential to consume an adequate amount of vitamin C in our diet to prevent scurvy. Scurvy is caused by a deficiency in vitamin C, leading to the failure in the synthesis of collagen, which is the most abundant protein in our body. Without sufficient collagen, the body's structure begins to deteriorate, resulting in symptoms such as bleeding gums, loose teeth, swollen joints, and muscle degeneration. Scurvy can be life-threatening if left untreated. Historically, scurvy was commonly encountered by sailors who embarked on long voyages at sea, subsisting on a diet limited to items like ship's biscuits, which lacked vitamin C.

Scurvy became a well-known condition due to the dietary deficiencies associated with consuming ship's biscuits and other foods lacking in vitamin C during long sea voyages. This led to the understanding that scurvy could be fatal and that a certain amount of vitamin C is necessary in our diet to prevent it. It is interesting to note that while most animals can synthesize their own vitamin C, there are a few exceptions that cannot produce any vitamin C at all. Among these exceptions are human beings and certain other species, which underscores the importance of dietary vitamin C intake for these groups.

The fact that both human beings and guinea pigs, among other species, cannot synthesize their own vitamin C tells us something about our evolutionary history. It suggests that at some point in the genetic lineage of these animals, a common ancestor existed that was able to produce its own vitamin C. Over time, however, certain branches of this lineage, such as the one leading to humans and guinea pigs, lost this ability. This could be due to a shift in diet, such as the increased consumption of vitamin C-rich fruits, which might have made the ability to synthesize vitamin C less crucial for survival. As a result, humans and guinea pigs now rely on dietary sources to obtain this essential nutrient.

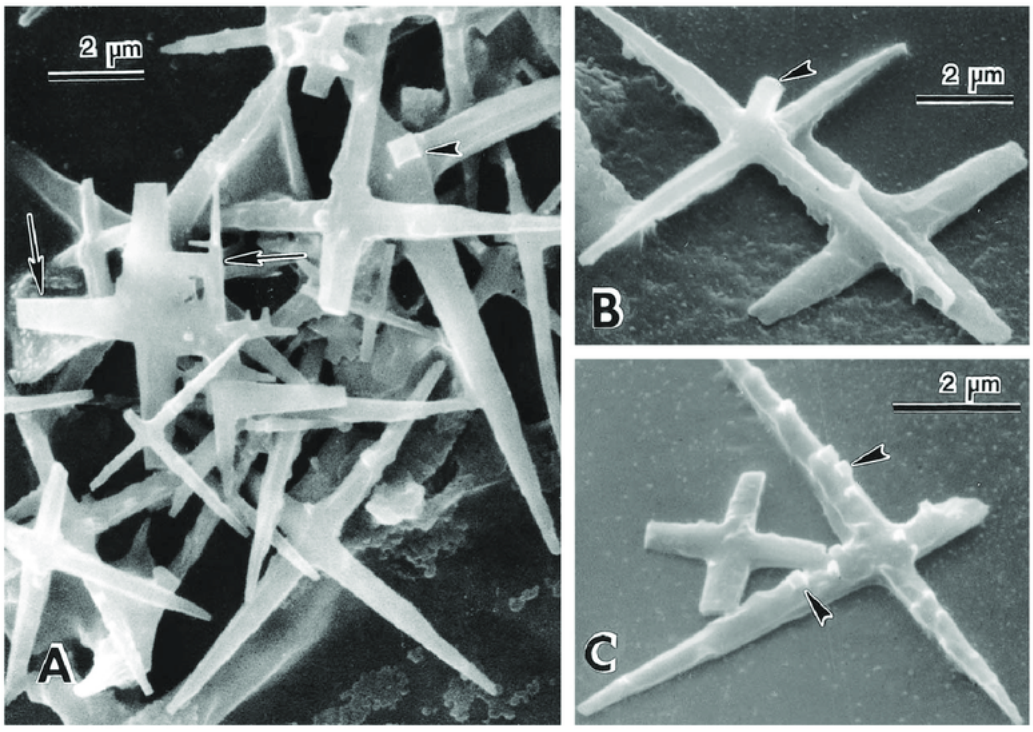
The inability of humans and certain other species to synthesize their own vitamin C indicates that the gene responsible for encoding the enzyme needed for this synthesis has been inactivated or "knocked out" in our genetic makeup. In the context of Darwinian evolution, the loss of a gene typically occurs because the gene posed a disadvantage that hindered the survival or reproductive success of individuals within the species. If a gene negatively impacts an individual's ability to reach reproductive age and pass on their genes, it may eventually be eliminated from the gene pool through natural selection. In this case, the loss of the ability to produce vitamin C may have been a neutral or even beneficial change in the context of our ancestors' diet and environment.

The fact that no living human beings can produce their own vitamin C suggests that this genetic trait was lost relatively early in our evolutionary history. This loss may have occurred soon after our ancestors descended from the trees, reduced their fruit consumption, adopted an upright posture, and began to rely more heavily on hunting and consuming animals.

One theory, which is speculative and not yet scientifically proven, is that the ability to synthesize vitamin C became unnecessary or even disadvantageous due to changes in diet and lifestyle. As our ancestors' diet shifted to include more animal-based foods, which are lower in vitamin C, the need to produce this vitamin internally may have diminished. Additionally, it's possible that excess vitamin C in the system could have had negative effects that made the loss of this ability beneficial in some way. However, this is just a hypothesis and further research is needed to understand the exact reasons behind the loss of vitamin C synthesis in humans.

When vitamin C is metabolized in the body, one of the byproducts is oxalate, as i mentioned in the part about defense chemicals in plants. Oxalate can combine with calcium and other electrolytes in the body, primarily calcium, to form sharp, needle-like crystals. These calcium oxalate crystals can cause damage by piercing organs and cells. While these crystals commonly form in the kidneys, leading to kidney stones, they can potentially form in various parts of the body, including the eyes. This can lead to various health issues, underscoring the importance of balancing vitamin C intake to avoid excessive oxalate formation.

Calcium oxalate crystals can form in various parts of the body, including the brain, bladder, and virtually any other organ. Under a microscope, these crystals resemble fine, sharp needles, making them harmful and damaging to tissues.



The hypothesis that excess vitamin C became problematic when our ancestors reduced their fruit intake is intriguing. The key to this issue may lie in the

transmembrane protein transporters found on the cell membranes of every cell in the body. These transporters are responsible for moving substances, including vitamin C, across the cell membrane. When the diet was rich in fruit, these transporters might have been crucial for managing the high levels of vitamin C intake. However, as the diet shifted and the intake of vitamin C decreased, the efficiency of these transporters in handling excess vitamin C might have led to an increased risk of oxalate formation and the associated health problems. This could be one reason why the ability to synthesize vitamin C became less critical and was eventually lost in humans.

The transporter responsible for up-taking vitamin C from your blood and delivering it into cells, where it aids in functions such as collagen formation, is known as GLUT (Glucose Transporter). Those familiar with nutrition and physiology might recognize GLUT as the transporter responsible for moving glucose from the blood into cells. This is because vitamin C and glucose are structurally similar molecules, which is why the same transporter can handle both substances. When there is an excess of glucose in the blood, it can compete with vitamin C for uptake by the GLUT transporter, affecting the availability of vitamin C for cellular functions.

When there is a high concentration of glucose in the bloodstream, it competes with vitamin C for transport into cells via the GLUT transporter. This competition occurs in a concentration gradient-dependent manner, meaning that the substance with the higher concentration has a better chance of being transported into the cells. As a result, if glucose levels are high, most of the vitamin C is unable to enter the cells and instead remains in the bloodstream. This excess vitamin C in the blood is eventually excreted in the urine, leading to a lower effective uptake of

vitamin C by the cells. This is particularly relevant when consuming a diet high in carbohydrates, as they are broken down into glucose, further increasing the competition for transport into cells. Therefore, the recommended daily intake of vitamin C might need to be adjusted based on an individual's carbohydrate intake to ensure adequate cellular uptake of vitamin C and prevent deficiencies.

The recommended daily intake of vitamin C to prevent scurvy is typically based on the assumption that one is consuming a mixed macronutrient diet, with around 60 to 65% of calories coming from carbohydrates. In such a diet, the amount of glucose in the bloodstream is relatively high, which can compete with vitamin C for transport into cells. Therefore, the recommended intake of vitamin C is set to ensure that there is enough vitamin C in the blood to overcome this competition and maintain adequate cellular levels.

However, if one's diet changes significantly, such as shifting from a high-carbohydrate diet to a diet that is lower in carbohydrates and higher in protein and fat, the dynamics of vitamin C uptake can change. With lower glucose levels in the blood, there is less competition for the GLUT transporter, and vitamin C may be more readily taken up by cells. In this scenario, the body might require a lower concentration of vitamin C in the blood to achieve the same cellular uptake. This suggests that dietary composition, particularly carbohydrate intake, can influence the body's vitamin C requirements.

When our primate ancestors transitioned from a diet rich in fruit to one with less fruit, they experienced an excess of vitamin C in their systems. This excess vitamin C was metabolized into calcium oxalate crystals, which posed a health risk. These crystals could potentially lead to premature death before reaching reproductive age,

thereby preventing the transmission of the gene responsible for vitamin C synthesis. As a result, the ability to synthesize vitamin C was lost in human evolution.

Interestingly, it's worth noting that most leafy green plants naturally contain a significant amount of oxalate in their stems, leaves, roots, and other parts. This is an important consideration for dietary choices, as consuming large quantities of these plants can contribute to oxalate accumulation in the body.

The presence of oxalates in plants serves as a defense mechanism to deter herbivores, including insects, from consuming them. While humans, being larger and more resilient, can tolerate some oxalate intake without immediate harm, consuming large amounts of oxalate-rich plants over a lifetime can contribute to health issues and potentially shorten lifespan. In contrast, insects, which are smaller and more susceptible to the toxic effects of oxalates, can be killed almost instantly if they consume high levels of these compounds. This is one-way plants have evolved to protect themselves from being eaten by the animals that most frequently feed on them.

This perspective suggests that a small amount of vitamin C is necessary in the human diet, which can be obtained from the meat of large ruminant animals. These animals contain sufficient vitamin C in their muscle tissue to meet the lower requirements of individuals with a carnivorous diet. Therefore, it is not necessary to consume organ meats specifically to obtain adequate vitamin C. This suggests that a diet focused on the meat of large ruminants can provide all the necessary vitamin C for human health.

There are indeed historical examples of indigenous peoples living primarily or exclusively on carnivorous diets, particularly before the influence of Western diets in regions such as North America, Australia, and New Zealand. Numerous explorers' journals and publications from as far back as the 1500s and 1600s provide clear documentation of this. These records often express astonishment at the fact that these groups subsisted almost entirely on meat. Such historical accounts provide valuable insights into the dietary practices of various cultures and challenge modern assumptions about the necessity of plant-based foods for human health.

Historical accounts from explorers and colonists often include detailed observations of the diets of indigenous peoples, particularly noting their reliance on meat as a primary food source. For example, a colonist in New England documented his astonishment at the health and vitality of the northern natives, now in what is known as Canada, who subsisted entirely on meat throughout the year. He recognized that during nine months of the year, when the landscape was blanketed in snow, it was impractical to grow any crops, leaving hunting as the primary means of sustenance.

In the extreme conditions of the North Pole, the absence of plant life underscores the fact that the indigenous peoples living in such environments relied solely on meat for sustenance. The notion that they might have supplemented their diet with kelp or other marine plants is not supported by the environmental realities, as the ocean is too deep in these regions for kelp to be accessible.

Further evidence of a strictly carnivorous diet comes from observations of various polar explorers who noted that the indigenous peoples did not suffer from scurvy

despite not consuming organs, which are often cited as important sources of vitamin C. This challenges the conventional wisdom about the necessity of organ meats for preventing scurvy.

Additionally, historical accounts from polar explorers provide insights into the dietary practices of successful expeditions. These accounts often reveal that the most successful expeditions took cues from the dietary habits of the indigenous peoples, relying heavily on meat and minimizing their reliance on preserved foods like sailor’s biscuits, which were known to contribute to scurvy due to their lack of vitamin C.

Explorers who observed and adopted the dietary habits of the indigenous peoples, focusing on a diet primarily consisting of meat, often reported significant improvements in their health and well-being. A notable example is Professor Vilhjalmur Stefansson from Harvard, an ethnologist who wrote the book “The Fat of the Land.” Stefansson documented his experience living on a predominantly meat-based diet and reported feeling remarkably better as a result.

What About Other Vitamins and Minerals?

Oh, the classic vitamin and mineral interrogation! It's like a broken record, isn't it? "Do you get enough vitamins? What about minerals? Are you sure you're not turning into a nutrient-deprived zombie?" It's as if people think they've stumbled upon some groundbreaking revelation that will topple the carnivore kingdom. Little do they know, they're just setting the stage for us to strut in and drop some truth bombs. Here's the deal: before you start grilling me about nutrients, take a step back and ask yourself, "Do I actually know what my body needs, or am I just

regurgitating the same old questions that have been floating around the junk-food-infested waters of misinformation?" It's like watching someone armed with a water pistol trying to take down a fortress. Cute, but futile.So, to all the skeptics out there, keep those questions coming! Each one is just another opportunity for us to showcase why carnivore reigns supreme. It's not just a diet; it's a nutrient-packed, health-boosting powerhouse that's leaving the naysayers in the dust.

If the carnivore diet were a ticket to nutrient deficiency, our ancestors would have been out of the game long before we even had a chance to argue about it. Picture this: a 2 million-year-long ice age, a world where salads are as mythical as unicorns, and our forebears feasting on mammoth steaks and other magnificent ruminant creatures. Now, tell me, where in this frosty, plant-less panorama where they were supposed to find their kale smoothies, quinoa bowls, and avocado toast?

Fast forward to the dawn of agriculture, and what do we see? Sure, we started growing our own food, but it was like swapping a gold mine for a handful of glitter. Our once towering heights and robust skeletons began to shrink, and diseases started popping up like unwelcome guests at a party. Why? Because for 95% of human history, we were living the carnivore dream, thriving on a diet that was more steak than salad. Still skeptical? Well, just go back to the chapter where I discuss the irrefutable science of bone testing that proves this. Every human remain that's been unearthed and put through the wringer of isotope testing tells the same story: we were hyper-carnivores, chowing down on meat across the globe. So, before you start questioning the carnivore way, remember, it's not just a diet; it's a legacy that's been millions of years in the making.

The misconceptions people have about nutrition can be quite amusing! Let's dive into the world of vitamins and minerals, shall we? Take vitamin K, for instance. You've likely heard that kale is packed with this essential nutrient. But here's where it gets interesting: there are two forms of vitamin K – K1 and K2. Our bodies can only utilize K2 effectively, while K1, found abundantly in plants like kale, is pretty much a no-show in terms of usefulness. And to add a twist, K1 often comes bundled with a bunch of anti-nutrients, which are the plant's way of saying, "Back off!" These anti-nutrients can actually hinder the absorption of other nutrients. So much for kale being a superhero, right? Now, let's talk about the famous vitamin A in carrots. Carrots have been the poster child for good eyesight for ages, but there's a catch. The form of vitamin A in carrots is beta-carotene, which needs to be converted into retinol, the active form of vitamin A that our bodies can actually use. And guess what? This conversion process is not very efficient in humans. So, while munching on carrots might make you feel like you're boosting your vision, you're not getting as much usable vitamin A as you might think. It's a classic case of what you see is not always what you get!

Ah, the age-old spinach and iron debate! It's like saying a toy car is just as good as a real one. Sure, spinach boasts its iron content like a badge of honor, but here's the twist: it's packing non-heme iron, the kind that your body looks at and says, "Thanks, but no thanks." It's like trying to fit a square peg in a round hole – it just doesn't work. Now, let's talk about the real MVP: meat. It's loaded with heme iron, the kind that your body not only welcomes with open arms but also absorbs like a sponge. It's like giving your body the VIP treatment it deserves. And while spinach is strutting around with its non-heme iron, meat is quietly doing the heavy lifting, providing you with the iron your body actually needs and can use. So, the next time someone tries to sell you on the iron in spinach, just remember it's all about

the heme, baby. Meats got what you need, no spinach required (no wonder it tastes like a dirty sock)!

Your body has to convert beta-carotene into the real deal, vitamin A, and here's the kicker: only about 45% of people have the ability to make this conversion efficiently. So, for more than half of us, munching on carrots for vitamin A is like trying to fill a bucket with a hole in it. Now, let's talk meat. You know how carrots and other orange and yellow fruits and veggies get their vibrant hues from beta-carotene? Well, nature has its own color palette, and it turns out that the fat on a steak can have a similar orange-yellow tint. But here's the catch – this color in meat is not from beta-carotene; it's from actual vitamin A! That's right, the real deal, no conversion needed. So, while carrots might be masquerading as a vitamin A powerhouse, it's the steak that's bringing the true vitamin A game to the table. Who knew that the key to unlocking vitamin A goodness was right there on your dinner plate all along?

Oh, the wonders of ruminant animal fat! These animals are out there, munching on plants all day, doing the heavy lifting for us by converting beta-carotene into vitamin A. So when you indulge in that juicy steak, you're getting vitamin A in its most usable form, courtesy of our four-legged friends. It's like they're running a vitamin conversion service, just for us! Now, let's talk about the sunshine vitamin, vitamin D. If you're living in a place where the sun is playing hard to get, you might think you need to turn to supplements. But hold your horses! The ruminant animals that grace our plates have been basking in the sun, soaking up all that vitamin D goodness. So, when you chow down on their meat, you're also getting a dose of vitamin D. It's like nature's own vitamin delivery system. This is the secret behind how people in colder climates manage to thrive despite the scarcity of

sunlight. They're not just surviving; they're flourishing, thanks to the vitamin D-packed meat from animals that have been living it up under the sun. So, the next time you enjoy a slice of meat, remember, it's not just a meal; it's a ray of sunshine on your plate!

So, What Nutrients Do I Need?

PER 100g	Blueberries	Kale	Rib Eye	Beef Liver	Fish Roe	Egg Yolk
Vitamin A (Retinol)	0	0	5mcg	4968mcg	90mcg	191mcg
Thiamin (B_1)	trace	0.1mg	0.1mg	0.2mg	0.3mg	0.2mg
Riboflavin (B_2)	trace	0.3mg	0.2mg	2.8mg	0.7mg	0.5mg
Niacin (B_3)	0.4mg	1.2mg	3.6mg	13.2mcg	1.8mg	0.02mg
Vitamin B_6	0.05mg	0.1mg	0.4mg	1.1mg	0.2mg	0.4mg
Biotin (B_7)	0.5mg	0	trace	42mcg	100mcg	55mcg
Folate (B_9)	6mcg	62mcg	3mcg	290mcg	80mcg	146mcg
Cobalamin (B_{12})	0mcg	0mcg	3mcg	59.3mcg	10mcg	2mcg
Vitamin C*	9.7mg	93mg	3.5mg	25mg	16mg	0
Vitamin D	0	0	4IU	49IU	484IU	218IU
Vitamin E (mg)	0.6mg	0.7mg	0.1mg	0.4mg	7mg	2.6mg
Vitamin K_2	0	0	15mcg	263mcg	1mcg	34mcg
Calcium	6mg	254mg	6mg	5mg	22mg	129mg
Choline	6mg	0.4mg	57mg	333mg	335mg	820mg
Copper	0.05mg	0.15mg	0.1mg	9.8mg	0.1mg	0.1mg
Iron	0.3mg	1.6mg	2.6mg	4.9mg	0.6mg	2.7mg
Magnesium	6mg	33mg	24mg	18mg	20mg	5mg
Phosphorus	12mg	55mg	210mg	387mg	402mg	390mg
Potassium	77mg	348mg	357mg	313mg	221mg	109mg
Selenium	0.1mcg	0.9mcg	24mcg	40mcg	40mcg	56mcg
Zinc	0.2mg	0.4mg	7.8mg	4mg	1mg	2.3mg

When you actually take a moment to compare the nutritional profiles of plants and meat, it's like revealing a plot twist in a mystery novel - there's just no contest!

Meat emerges as the undeniable champion in the nutrient showdown. But wait, there's more! Even if, in some alternate universe, plants and meat were neck and neck in terms of nutritional density, meat would still take the crown. Why, you ask? Because meat comes without the baggage of nutrient inhibitors and toxins that plants carry. You see, while animals can run, hide, or put up a fight to protect themselves, plants have to get a bit more creative. They're not just sitting ducks; they're engaged in chemical warfare! Plants are like the masterminds of the botanical world, concocting concoctions that prevent you from absorbing their precious nutrients. And they don't stop there; they also mess with the absorption of other nutrients in your diet. It's their way of playing the long game, slowly sapping your vitality in hopes that you'll stop munching on their brethren. Stay tuned, as I'll be diving deeper into the intriguing world of plants and their sneaky strategies later on.

Dr. Shawn Baker is a renowned orthopedic surgeon, athlete, and a leading advocate for the carnivore diet. With a wealth of experience and a passion for challenging conventional dietary beliefs, Dr. Baker has become a prominent figure in the world of nutrition and health. His book, "The Carnivore Diet," delves into the science and benefits of adopting a meat-based diet, providing readers with a comprehensive guide to this way of eating. In the following excerpt from "The Carnivore Diet," Dr. Baker sheds light on a fascinating aspect of this dietary approach, offering valuable insights into its potential impact on health and well-being. Let's dive into his words and explore the wisdom he shares in his groundbreaking book.

“The end goal of nutrition has a simple two-pronged explanation: It provides us with energy, and it gives us structural components to build and maintain our animal-based cells. We don't need anything from a plant to accomplish either of

those goals. Anything your animal cells need is found in other animal cells. It's as simple as that. You don't need a bunch of indigestible plant fiber or chlorophyll. Plant antioxidants, which we can barely absorb, aren't necessary, either. You only need animal cells-that's it! The nutrients that your animal cells use are also in the cells of other animals that use those same nutrients. How much you need varies only by amount, not by quality.

Shockingly, you can get the correct amount of the nutrients because you have something called an appetite that lets you know when you need to eat more. It's as simple as that, and every other animal on the planet uses the same feedback system.

But we humans have developed things like the Recommended Daily Allowances, and an army of dietitians teaches us how to meet those magic numbers even though they were formulated from what was just a guess. I will keep reiterating one point: Nutrition science is based around fundamental assumptions that have never been thoroughly tested. The carnivore diet is directly challenging some of those untested assumptions, so we're getting new evidence about those theories all the time."

Meat is rich in several unique compounds found exclusively, or almost exclusively, in animal-based foods. These compounds include carnitine, carnosine, creatine, taurine, retinol, and vitamins B12, D3, and K2. These compounds offer some tremendous benefits.

Carnosine

Carnosine is a dipeptide molecule (meaning it has two amino acids) that is tremendously effective at preventing glycation, and it works to scavenge oxygen free radicals. It can chelate (or bind to) metal ions and appears to prevent the shortening of telomeres. Carnosine's antiglycating properties can help mitigate the development of things like Alzheimer's disease, atherosclerosis, and renal disease. Carnosine is taken up in its intact state in the digestive system and is transported via a dipeptide transporter. Muscle levels of carnosine are significantly higher in people who eat meat compared to the levels in their vegetarian counterparts. By some accounts, carnosine may be one of the most potent anti-aging molecules known.

Carnitine

Like carnosine, carnitine is found almost exclusively in animal products, especially red meat. In comparisons of meat eaters and non-meat eaters, carnitine levels are higher in the meat eaters. Carnitine has several potentially beneficial effects in preventing and improving diseases. It has been shown to help with anemia, particularly for anemia associated with kidney dysfunction. It appears to improve the body's use of glucose, and it may reduce the effects of diabetic peripheral neuropathy. In heart attack patients, carnitine has been used to prevent ischemia in cardiac muscle, and it's even been shown to assist with resolving male infertility via an improvement in sperm quality. Additionally, carnitine plays a crucial metabolic role in transporting free fatty acids across the mitochondrial membrane for energy production. Carnitine is a vital component, and we can synthesize it from the amino acid lysine, which we also obtain from eating animal products.

Creatine

Creatine, a supplement athletes commonly use and one of the few that's been found to be beneficial after being rigorously tested, is another product found only in meat. Meat eaters register higher levels of creatine, and when vegetarians supplement creatine, they experience improved cognitive function. It's also interesting to note that patients with Alzheimer's disease have lower levels of creatine. Heart failure patients who receive creatine have shown improved overall performance, and type 2 diabetics who supplement with creatine have improved glycemic control, particularly when they also exercise.

Taurine

Taurine is found in high levels in both meat and fish but is woefully absent from a plant-based diet. As you might expect, taurine levels are significantly lower among herbivorous humans. In animal studies, taurine has bee shown to reduce anxiety, perhaps that is one reason so many folks on a carnivore diet report a sense of calmness and a resolution of anxiety. Taurine is similar to carnosine and has been shown to inhibit glycation. It's also a powerful antioxidant. Some evidence suggests that taurine contributes to preventing the development of diabetic renal disease.

Zinc

Although zinc is not exclusive to animal products, it's found in much greater quantity and is more highly bioavailable in meat, and numerous plants containing phytates interfere with zinc's absorption. Accordingly, zinc levels are fairly low in vegan and vegetarian dieters. Zinc deficiency has been associated with poor learning capacity, apathy, and behavioral problems in children. In adult males, low levels of zine are associated with erectile dysfunction and decreased sperm counts.

Zinc also is essential in the formation of insulin and has been shown to improve glycemic control among some diabetics. Zine appears to have a protective effect in preventing coronary artery disease and cardiomyopathy. Zinc is involved in a whole bunch of metabolic processes throughout the body, and being deficient in zinc is not a good thing.

Vitamin B12

Meat has all of B vitamins, but the most vital one is vitamin B12, also known as cobalamin, is found exclusively in animal products, and experts advise people who abstain from meat to supplement it. One of the more common causes of deficiency is gastrointestinal malabsorption. Up to 62 percent of pregnant vegan women were noted to be deficient in B12, and up to 86 percent of vegan children and 90 percent of vegan elderly were B12-deficient. B12 deficiency typically affects the nervous system and can cause problems with anemia. A deficit of vitamin B12 has been associated with several neurological diseases, including dementia; it's also related to depression, I know eating a big juicy steak always makes me happy, maybe it's from all the B12 I'm getting!

Heme Iron

Heme iron is another mineral found in abundance in red meat but absent from non-meat sources. Unsurprisingly, a 2015 study of vegetarian women saw a 100 percent rate of some degree of iron deficiency anemia, which was more than double the rate of deficiency in their omnivorous counterparts.

Certain plants, like leafy greens, soybeans, and lentils, contain non heme iron, but those plants also can contain compounds like phytates and oxalates that limit iron absorption. The functions of iron are multiple; some of the highlights are the

formation of red blood cells, transport of oxygen, support of immune function, support of cognition, and assistance with energy metabolism.

Deficiency of iron has been shown to result in impairments in cognition and mental health status and a sense of general fatigue. Those symptoms have been shown to improve with supplementation. Low iron status has been associated with worsening glycemic control and has been shown to be a factor that increases the risk for several types of cancer, such as pancreatic and kidney cancer. Conversely, excessive iron stores, which is a far less frequent situation, can be associated with several negative outcome measures. Inflammation and metabolic syndrome seem to predispose people to iron overload, and these conditions are frequently associated with each other. Thus far, most anecdotal observations of strict carnivores show that their inflammatory markers are typically very low, their metabolic markers are very favorable, and their iron statuses generally are in the normal range, despite their ingestion of large amounts of heme iron.

On average, people who include meat in their diets generally have better vitamin and mineral status than those who do not, and the vast majority of nutritional deficiency problems are in parts of the world where access to meat is scarce. In impoverished locations where meat is abundant, it's not common to see nutritional deficiencies, whereas in poorer areas where people rely on a plant-based diet, residents frequently suffer from stunted growth and have numerous nutritional deficiency syndromes.

But Don’t I Need Fiber to Poop?

It’s time to wake up and see the truth beyond the commonly held belief that fiber is essential for bowel movements, and that meat will rot in your colon without it. This notion, along with the idea that fiber is necessary for a healthy gut microbiome, is nothing more than a myth that’s been blindly accepted and repeated without a true understanding of how our bodies function. Fiber is simply the food that your food eats.

Here's a statement grounded in reality, not ideology: Humans have no dietary requirement for fiber. The requirement is ZERO. It holds no essential place in our diet, much like carbohydrates, which are also not necessary. In contrast, a lack of fat or protein can be lethal. We don't need biased research to understand that if a food isn't absolutely essential, it's likely not beneficial either. Consider our survival through ice ages and winters without access to plants. If plant material were crucial, how could we have endured those periods? Plants provide minimal calories and contain nutrient inhibitors, whereas animals offer abundant calories and bioavailable nutrients. So, why would a pile of leaves be deemed essential for bowel movements? It simply doesn't add up.

In a carnivore diet, fat plays a crucial role in maintaining digestive health, acting as a natural lubricant to help you poop. Unlike fiber, which is often touted as necessary for regular bowel movements, fat provides a smoother and less abrasive way to keep things moving through your digestive tract.

Fat as a Natural Lubricant

Fat in your diet helps to lubricate your intestines, facilitating easier and smoother bowel movements. This is particularly important on a carnivore diet, where the primary macronutrients are protein and fat. Healthy fats, such as those found in animal products like beef tallow, butter, and fatty cuts of meat, are essential for maintaining a well-lubricated digestive system. This natural lubrication helps to prevent constipation and ensures that waste moves efficiently through your intestines.

The Fiber Myth

On the other hand, fiber, especially insoluble fiber, acts like sandpaper in your gut. The traditional belief is that fiber adds bulk to stool and helps to promote regularity. However, fiber can also be abrasive to the intestinal lining, causing irritation and inflammation for some people. This is why some individuals on a carnivore diet report improved digestive health and regular bowel movements despite the lack of dietary fiber.

Pooping Without Fiber

Contrary to popular belief, fiber is not necessary for regular bowel movements. The body's digestive system can adapt to a low-fiber diet, particularly when sufficient fat is consumed. On a carnivore diet, the absence of fiber does not lead to constipation for most people. Instead, the high-fat content ensures that the digestive tract remains well-lubricated, facilitating easy and regular bowel movements. High-fat diets can support healthy digestion without the need for fiber. Studies indicate that fat stimulates the production of bile, which aids in digestion

and helps emulsify fats, making them easier to digest and pass through the intestines.

So why does the majority think we need fiber? Firstly, as I mentioned before in the part about the Seventh-day Adventist Church pushing the consumption of fiber and minimizing meat, they spread this claim based on religious ideology but kept that part hush-hush and claimed it was backed up by science, making its way into the school curriculum, which then spread worldwide. That’s why everyone and their mother has been brainwashed to repeat the lie that fiber is essential.

Now, let’s pause and really consider what fiber does in our diet. So yea it makes you go, but really, what's the deal? You eat it, and your body is like, " Why did you just eat this indigestible material, did you think you were a deer munching on some leaves? There's nothing here I can use!" So, it decides to evict it straight out, and while it's on its way, it ferments, turning you into a walking, talking gas factory. I remember my vegan days; I was practically on a first-name basis with the toilet, visiting it three times a day or more.

Now, let's take a moment to ponder our ancestors' situation. Imagine them, always on the go, hunting, being hunted, scrapping to stay alive in the great outdoors. How convenient do you think it would have been for them to constantly drop everything for a fiber-fueled bathroom break? Yeah, sounds like a real blast from the past.

Let's apply some basic logic here. A plant-heavy diet equals more trips to the bathroom. Switch to a carnivore diet, and suddenly, you're pooping less, which is how it's supposed to be. If you're constantly pooping on a plant-heavy diet, doesn't that scream that your body is basically rejecting most of what you're eating and

dumping it straight into the waste bin? On the other hand, when you're on a proper meat-heavy diet, like humans are meant to eat, you poop less because your body is actually absorbing the nutrients and using them, so there's less waste to get rid of. It's simple COMMON SENSE. More poop means you're eating useless food, less poop means your body is actually using the food you're eating. Get it?

Let's think about this scenario, which really puts things into perspective. You might be the most passionate advocate for a vegan or vegetarian diet, but imagine you're stranded on an island or in a forest. You're surrounded by an array of plants and perhaps a few berries. Here's the harsh truth: if you randomly eat any plant you come across, there's a very high chance you'll end up poisoning yourself. The reality is that the majority of plants are toxic to humans. They can be safely consumed only by specific creatures that have evolved to eat just that particular type of plant. For example, certain birds are adapted to eat a specific type of berry, koalas eat only eucalyptus, pandas stick to bamboo, and so on. These animals have evolved to tolerate the toxins in their preferred plants. Meanwhile, plants have developed these toxins as a defense mechanism to survive. So, as animals adapt to the toxins, plants ramp up their defenses, leading to an ongoing evolutionary arms race. It's a stark reminder that what works for one species doesn't necessarily work for another, especially when it comes to diet.

In the ongoing evolutionary battle, animals and plants are locked in a contest to outmaneuver each other. Humans, being at the top of the food chain, typically consume animals that feed on plants. However, this doesn't mean we're equipped to directly munch on just any leaves, berries, or plants. The varieties we do consume from grocery stores have undergone significant genetic modification and lab

manipulation to become safe for us to eat. In their natural state, without human intervention, many of these plants could make us seriously ill or even be lethal.

Here's a thought experiment: imagine you're a vegan or vegetarian stranded in a forest. As your body enters survival mode, it will instinctively prioritize your survival over any dietary principles. In such a scenario, your body would compel you to hunt for animals to consume their flesh. In the wild, the lush greenery might not seem so appetizing, but the prospect of eating an animal becomes a matter of survival. This highlights the stark difference between our dietary choices in civilization and the harsh realities of nature. In the upcoming section, get ready for a wild ride as we dive into the shocking truth about munching on plants. You'll see the full picture and discover why going green might not be as great as it's leafed out to be!

Sally Norton, MPH, is a renowned nutritionist and wellness expert with a deep understanding of the impact of diet on health. With a Master's in Public Health from the University of North Carolina at Chapel Hill, Norton has dedicated her career to researching and educating others about the benefits of a nutrient-dense, whole-foods diet. In her groundbreaking book, "Toxic Superfoods," Norton challenges conventional dietary wisdom and sheds light on the potential dangers lurking in some of the foods often hailed as nutritional powerhouses. With her expertise and evidence-based approach, Norton provides readers with the knowledge they need to make informed choices about their diet.

In "Toxic Superfoods," Sally Norton said the following:

“Fiber is another example of how our focus on theoretical benefits seduces us into consuming high amounts of oxalate. We are told that we simply must have fiber! That is another myth. Fiber has highly vaunted but poorly supported associations with gut health, weight control, cancer risk, and reduction of heart disease. And we rarely hear about fibers documented malnourishing effects and its ability to promote inflammation, bacterial overgrowth, and constipation. Back in the 1980s, before everyone was afraid of gluten, the bran muffin and cold bran cereals were kings of healthy high-fiber eating.

But even then, there were concerns that fiber's glowing reputation was undeserved. As Jane Brody, health columnist and cookbook author, wrote in 1985, "A. serious drawback of increasing the fiber content of your diet concerns its possible interference with the absorption of essential minerals, especially calcium and iron, which are already in short supply in the diets of many Americans. Other nutrients that may be partly blocked by dietary fiber include zinc, magnesium, copper, and

vitamin B6. There is no question that more minerals are excreted on a high fiber diet... Problems arise primarily if an individual's diet starts out with inadequate amounts of the nutrients that are inhibited by fiber." Long considered inedible, and historically removed with the husk as "chaff," bran is the outer seed covering left over from milling grains and seeds. The idiom "to separate the wheat from the chaff" means to distinguish what is valuable from what is inferior.

Ubiquitous messages also claim that a high-fiber diet is required to tend and feed the microbiome, the diverse community of health-supporting microorganisms (or fora) living in the gut. That may be the reverse of the truth! The gut actively manages the bacteria it harbors. Gut cells make mucus (with protein-sugar molecules called glycoproteins) as "food" for healthy bacteria. When bacterial populations get too high, they ignite inflammation in the gut (and elsewhere), as the immune system attacks the gut bacteria with antimicrobials to cut back on their numbers. The body's own efforts to manage gut flora are obstructed by dietary fiber. Fiber indiscriminately feeds both beneficial bacteria and pathogenic microorganisms, potentially causing an imbalance, over-growth, or dysbiosis. Chronic inflammation is more likely when bacterial populations (even beneficial ones) stay high owing to excessive fiber.

You may also have heard that fiber helps prevent kidney stones. But, in a trial with 99 volunteers, researchers at the Kaiser Permanent Medical Center, in Walnut Creek, California, found that a high-fiber, low-purine, low animal-protein diet increased the likelihood of getting another kidney stone -by six times!”

Dr Paul Mason said the following about fiber:

“It's one of those tales that's been passed down like a cherished family recipe, echoed through the halls of medical schools until it's etched into the minds of every student. Yet, no one stops to question its roots. Where did this story originate? This intrigue struck me as I embarked on crafting a lecture on fiber, penning a chapter for a medical textbook on nutrition. In the realm of academic writing, every claim must be anchored in solid evidence.

Diving into the nitty-gritty of fiber, I was at a stage where my diet was low-carb, but I hadn't delved deep into the science of fiber. As I began to explore, I encountered the common recommendation of 30 grams of fiber per day for adults. But the source? Merely an advisory statement. Now, my thoughts on advisory statements? They're like a weather forecast: often vague and not always reliable.Driven by curiosity, I decided to trace the origins of this recommendation. I followed the breadcrumbs, hopping from one advisory statement to another, expecting to eventually hit the jackpot of evidence. But alas, it was like chasing a mirage. The trail would always hit a dead end, leaving me staring at an opinion that lacked the solid backing of scientific proof. It was a revelation that made me question the foundation of many such dietary guidelines.

I found myself scratching my head, puzzled by the lack of concrete evidence in the research on fiber. Sure, there are some widely acknowledged truths. For instance, it's a no-brainer that fiber bulks up your stool. If you're eating something your body can't digest, it's got to make an exit somehow, resulting in more substantial bowel movements. And yes, fiber is like the sandpaper of the digestive world; it irritates the gut and speeds up transit time, hustling things along the intestinal highway.But here's where it gets interesting. When we really dig into the impact of fiber on constipation symptoms, things start to blur. As a physician, you don't just wave off

a patient's constipation woes with a casual "Eat more fiber and call me in the morning." It's not that simple. The effectiveness of fiber in alleviating constipation is a murky area, and it's surprising how the supposed cure-all for a common ailment like constipation is standing on such shaky ground.

When patients come to see me, they're not fixated on the size or transit time of their bowel movements. It's not like someone strolls in and says, "Hey Doc, could you supersize my poops?" or "I've timed my digestive journey, and it's a bit slow. Can we put the pedal to the metal?" That's just not how it goes.What really brings people to the doctor's office are symptoms that impact their daily lives. They're concerned about pain, bloating, and discomfort. These are the issues that keep them up at night, not the minutiae of their digestive process. It's fascinating how the focus on fiber as a cure-all seems to miss the mark when it comes to addressing the real concerns that patients have. It's a reminder that in the world of health and nutrition, the devil is often in the details, and sometimes, the answers we seek aren't as straightforward as we'd like them to be.

The term "idiopathic" might as well be split into "idiot" and "pathic" – it's the label we slap on a condition when we're stumped. It's like the medical equivalent of shrugging our shoulders and saying, "I don't get it, and I'm not going to lose sleep trying to figure it out." But back to the fiber saga. In this intriguing study, participants were all grappling with idiopathic constipation – a fancy way of saying "constipated for no apparent reason." They were initially on moderately high-fiber diets, which is usually the go-to advice for constipation. Then, things got interesting. A group of them was shifted to even higher fiber diets, and lo and behold, their symptoms didn't improve. In fact, across five different measures, their

discomfort and symptoms actually got worse. It's like trying to put out a fire with gasoline – the very thing that was supposed to help was only fanning the flames.

The plot thickens! Another group in the study was switched to low-fiber diets, and guess what? Their symptoms generally improved across the board. But here's the real kicker: the largest group was put on a zero-fiber diet, and the results were nothing short of miraculous. Every single symptom of constipation vanished. Poof! Gone! Now, we're not just talking about some fancy medical metrics like fecal transit rate or stool mass, which, let's be honest, don't mean a hill of beans to the average person suffering from constipation. We're talking about the real-deal symptoms that patients like mine deal with daily – pain, bloating, the works. In terms of addressing these real-world symptoms of constipation, a zero-fiber diet was a game-changer. So, there I was, penning a textbook, and this revelation hit me like a ton of bricks. It was a moment that challenged everything I thought I knew about fiber and constipation. It was a case of the evidence leading me to a conclusion that was as unexpected as it was undeniable.

As I delved deeper into writing this chapter, my entire perspective was being turned upside down. It was a crossroads moment for me. On one hand, I could take the easy route, ignore the unsettling science, and continue writing in blissful ignorance, thereby avoiding any potential backlash. Or, I could choose the path of integrity, embracing the scientific method and the spirit of academic honesty.I decided that I had to present the facts as I discovered them, regardless of how they contradicted my previous beliefs. It was a matter of principle. As an academic, I had a responsibility to be truthful and transparent, even if it meant opening myself up to criticism. After all, isn't that what the pursuit of knowledge is all about? The public, and indeed the scientific community, expects nothing less from us. It's a

challenging path, but it's the only way to ensure that our understanding of the world continues to evolve and improve."

But Aren't Vegetables Good for You?

Why would plants be inherently beneficial to us when they have evolved to produce chemical defenses to deter consumption? The idea that plants contain magical health-promoting compounds is largely a myth. In reality, plants produce these compounds primarily to protect themselves from predators, including humans. There are no essential plant compounds necessary for us to become the best version of ourselves. Anyone claiming otherwise is likely trying to sell you a product.

Plants have evolved various chemical defenses, such as oxalates, lectins, and phytates, which can interfere with nutrient absorption and may even be harmful in large quantities. The notion that we need these compounds to thrive is unfounded. Instead, our bodies require essential nutrients like vitamins, minerals, and amino acids, which are abundantly available in animal products. These nutrients are in forms that our bodies can easily absorb and utilize.

So, why is there this widespread belief that vegetables are the epitome of health, a must-have in every meal? It seems like everyone is parroting the same old "vegetables are healthy" mantra. But if you were to ask these folks exactly why that's the case, you'd probably be met with blank stares. A few might muster a vague response about vitamins and minerals, but guess what? A juicy steak is packed with those too!

Another interesting point about vegetables is that, let's face it, a lot of people just don't like them. There's a reason there are so many jokes about having to choke down a salad for the sake of health. And it's practically a universal truth that kids and vegetables mix about as well as oil and water - parents often have to resort to sneaky tactics just to get some greens into their little ones.

Now, let's put on our thinking caps for a moment. We evolved our five senses to help us survive, to interact with and make sense of the world around us. Taste, in particular, is a finely tuned sensor that's meant to keep us out of harm's way. When something tastes bad, it's often our body's way of saying, "Hey, maybe think twice before eating that." So, if so many people have an instinctive aversion to vegetables, could it be that our taste buds are trying to tell us something?

When we taste something bitter, it's often our tongue's way of signaling that what we've just eaten might be harmful, prompting us to spit it out. Similarly, if we eat something spoiled, our sense of taste is usually quick to raise the alarm. So, when we eat vegetables and find them unpalatable, it's worth considering whether our taste buds are trying to steer us away from these foods.

Now, you might say, "But I absolutely adore salads!" But do you really love the salad itself, or is it the extras that you're drawn to? Think about it - the shredded cheese, the slices of chicken, and let's not forget the salad dressing, often loaded with seed oils that mimic the flavors of animal fats. It's interesting to note that many of these bitter, plant-based foods become palatable to us only when we pair them with animal products. It's as if our sense of taste recognizes the nutrients in animal products and gives us the green light, making the whole combination more enjoyable.

Take coffee as another example. Most people would struggle to down a cup of dark, black, bitter coffee without a grimace. But add a splash of cream, an animal product, and suddenly it's a whole new ball game - the coffee becomes enjoyable.

Now, you might argue, "If we're supposed to trust our senses, how do you explain my kid turning up their nose at veggies but happily chowing down on a candy bar? Doesn't that debunk the idea that our taste buds guide us toward healthy food?" Well, let's think about that for a moment. Let me know when you stumble upon a wild Snickers tree in the jungle. Sure, candy, sugar, and fruits taste good to us, which might seem to challenge the "trust your taste buds" notion, but let's apply a bit of logic here.

The majority of the sugar we consume today is man-made. Those packaged candy bars that are so hard to resist, they're concocted in laboratories by food scientists, combining hyper-palatable flavors with ingredients designed to keep you coming back for more. It's no wonder they taste irresistible and can be hard to put down.

On the other hand, most children and adults genuinely enjoy the taste of meat and steak, savoring every bite. This preference is rooted in our evolutionary history, as meat has been a staple of the human diet for millennia.

As for fruits, it's true that they can be delicious. However, in Chapter 3, I explored the reasons why I believe they might not be as beneficial for our health as commonly thought.

The tantalizing taste of modern fruits is largely a result of selective breeding and genetic modification, aimed at enhancing their sweetness and overall flavor. If you were to search for these same fruits in a forest a few hundred years ago, you'd likely find them to be much more bitter and less appealing to the palate. In contrast, the flavor of meat and animal products has consistently been a winner throughout history, remaining naturally savory and satisfying without the need for such modifications.

Red Meat Causes Cancer

Another grossly misleading lie based on a pile of crap information pushed out by the same people that want you far away from the one food that will heal you and make you the healthiest version of yourself. How hilarious that the oldest food consumed by humans is responsible for a modern illness during the same time that cancer rates are at an all time high.

The well-known myth that red meat causes cancer. It's the poster child for misunderstood science and sensational headlines. The primary reason for this widespread belief? The so-called studies that claim it. But let's dive into these studies a bit, shall we?

First off, these studies are associative, not experimental. They follow large populations of people through respondent surveys, not by keeping them in controlled lab environments. So, what does that mean? It means they send out questionnaires every few years asking people to recall what they've been eating. Let's be real here: people lie. They forget. They exaggerate. They underreport their junk food binges and overreport their veggie intake because they want to look

good. So, strike one: the data is based on self-reported information, which is about as reliable as a politician's promise.

Now, these researchers then take these shaky responses from a hundred thousand, two hundred thousand, or even a million people and try to equate the incidence of various cancers with their reported intake of red meat. What do they find? A weak, almost laughable associative relationship. It's like saying, "People who eat more red meat also watch more TV, so TV must cause cancer too." Correlation does not imply causation, folks. This association is incredibly weak and doesn't hold up under scrutiny.

Moreover, these studies fail to control for countless other variables. Were these meat-eaters also more likely to smoke, drink, or live sedentary lifestyles? Did they consume processed meats laden with preservatives rather than fresh, high-quality cuts? Did they also indulge in sugary snacks and fast food? The studies don't account for these confounding factors, making their conclusions even more dubious.

So, the next time someone waves a study in your face claiming that red meat is a one-way ticket to cancer, just remember: those studies are built on a house of cards made of shaky surveys, weak correlations, and a whole lot of assumptions. Enjoy your steak, and know that the real story is a lot more nuanced than the headlines would have you believe.

Why are they doing this? Two main reasons. First, academia runs on a "publish or perish" model. Academics need to churn out a certain number of articles every

year to maintain their positions. So, they gather some data, spin it in a frankly criminal and misleading manner, slap on a “statistically significant” label, and publish it to keep their jobs.

Second, science costs money, and they need funding to keep doing their research. Who has the money? Industry, of course! And what does the food industry want to do? Sell you stuff. So who’s funding these studies that “prove” red meat causes cancer? That’s right, big agriculture. Not just wheat growers, but all the various plant crop industries. These industries have a vested interest in demonizing red meat to promote their own products.

These guys own the dietetics associations outright. Follow the money, and you’ll see that the education of so-called nutrition professionals is heavily influenced by these industries. So, we get this hymn sheet that everyone is singing from, where they all proclaim the statistically significant association between red meat consumption and cancer. And the public is left to assume that means you shouldn’t eat red meat.

In reality, what we’re looking at is a weak associative relationship, spun into a sensational story by those who stand to gain the most from it. So next time someone tries to scare you away from a juicy steak with the latest “study,” remember that what they’re serving up is a plate full of statistical trickery and vested interests, not solid science. Enjoy your red meat and see through the smoke and mirrors.

How Will I Have Enough Energy Without Carbs?

We've all been told that carbs are our essential energy source, and without them, we'd practically keel over from exhaustion. Athletes, in particular, hear this mantra non-stop. But brace yourself for the earth-shattering reality: when you're a carb-dependent athlete, sure, you get energy from carbs. It's an almost slave-like relationship, constantly needing to refuel. However, when exogenous carbs aren't in the picture, your body becomes remarkably efficient at burning another fuel source—fat!

Yes, fat. When you run purely on your own body fat and the fat from the meat you eat, you simply don't run out of energy. Even a very lean person still has hundreds of thousands of calories stored in their body as fat. Think about it logically: calories measure how much heat or energy food provides. A gram of carbs provides 4 calories, while a gram of fat provides 9 calories. That's more than double the energy from fat than from carbs.

At all times, we're burning a percentage of both carbs and fat based on our diet, like a dial. For most people, the fat-burning dial is turned all the way down, and the carb-dependent dial is cranked up to the max. Your body now prefers burning carbs, which means you need to eat three meals a day plus snacks to avoid collapsing from exhaustion. You can store a maximum of around 2,500 calories in the form of glycogen, but you can store an almost infinite amount of calories in fat.

So, what happens when athletes ditch the carbs and go for a keto diet? They tap into this vast energy reserve. No more hitting the wall, no more mid-race carb-loading. They become fat-burning machines, running on a high-octane fuel that their body has plenty of. Their endurance skyrockets because they're no longer dependent on frequent carb refueling.

Let's put this into perspective with some simple math. Imagine you're an athlete who has switched to a fat-based diet. You can access hundreds of thousands of calories stored as fat, whereas a carb-dependent athlete is constantly limited by their glycogen stores, needing to refuel regularly. The body naturally adapts to this shift, becoming incredibly efficient at burning fat and producing steady, sustained energy without the peaks and troughs of carb-induced energy swings.

And yet, despite all this, we're still bombarded with the outdated advice that carbs are the end-all, be-all of athletic performance. It's time to break free from this carb dependency and realize the true potential of fat as a superior, sustainable energy source. Your body is fully capable of thriving on fat, offering endless energy without the need for constant snacking and meal planning. So next time someone tells you that you need carbs to survive, just smile and know that you've got a secret weapon: your body's natural ability to burn fat.

Meet Alex McDonald, the guy who decided to shake up the athletic world by running five marathons back-to-back, completely fasted, to showcase the power of the carnivore diet. What makes this feat even more astounding is that Alex had never run a marathon before. He embarked on this grueling challenge to prove that his carnivore diet, which he believes to be the ultimate superhuman diet, provides endless energy and exceptional endurance.

So, how did he do it? Alex's final meal was on the eve of his first marathon, and he didn't eat again until he completed the fifth marathon five days later. During this period, he only consumed water and salt. This wasn't just a whimsical endeavor; Alex meticulously tracked every data point from calories burned to glucose levels

and ketones, even completing full blood panels and body scans before and after the challenge. This was hard data showing the efficiency of fat adaptation

Alex's experience underscores the immense energy reserves our bodies have when running on fat. While the average person can store around 2,000 calories as glycogen, we can store approximately 100,000 calories as fat. This vast energy reserve means that, unlike carb-dependent athletes who need frequent refueling, a fat-adapted athlete like Alex can tap into these reserves for sustained energy. When Alex finished his epic run, he wasn't famished. Instead, he casually had a couple of burger patties, illustrating how the carnivore diet provides stable and ample energy without the constant need for carbohydrate replenishment.

Alex's story is a testament to the potential of the carnivore diet. By becoming fat-adapted, he demonstrated that the body can achieve remarkable feats of endurance and resilience. This challenges the traditional carb-centric approach to athletic performance and highlights the effectiveness of a diet rich in animal fats and proteins. So, the next time someone tells you that you need carbs to survive, just remember Alex McDonald and his five fasted marathons. It's a powerful example of how our bodies can thrive on a diet our ancestors likely followed, offering limitless energy and exceptional performance.

Now becoming fat adapted can take anywhere from a few days to a few weeks to fully transition into, once you do you will feel absolutely unstoppable with super consistent energy levels and a stable good mood. Not the ups and downs of carb hyperness and crashes.

Won’t My Cholesterol Be Too High?

The mainstream narrative about cholesterol is infuriatingly misguided. We're constantly told that cholesterol will give you heart disease and stroke, and that we need to immediately start taking cholesterol-lowering meds. But let's get something straight: cholesterol is an essential antioxidant that makes up 50% of our cell membranes. It's crucial for brain and cell function.

Here's where it gets absurd: doctors genuinely believe they're doing good by pushing these cholesterol-lowering drugs. Cholesterol levels rise in response to inflammatory foods in the diet, causing inflammation in the arterial walls. Cholesterol, being an antioxidant, increases in these areas to repair the damage caused by poor dietary choices.

When doctors see someone with heart problems and high cholesterol, they mistakenly think the cholesterol is causing the problem. In reality, the body is using cholesterol to heal the inflammation. It's like having a fever to fight off a virus and then taking a fever suppressor, which only hinders your recovery. This simplistic view overlooks the body’s natural healing processes and does more harm than good in the long run.

Professor Bart Kay, who specializes in cardiovascular studies, provides a compelling critique on the common narrative surrounding cholesterol.

Cholesterol in your body is meticulously regulated, largely through the activation or deactivation of your genes. Think of each gene as having a switch that turns on

or off in response to the environment it encounters, optimizing various functions, including cholesterol levels. If your cholesterol is elevated, it’s crucial to understand that this elevation is a symptom of an underlying issue, not the primary problem itself.

Consider the cell membranes of every cell in your body; approximately 50% of these membranes are composed of cholesterol. Now, imagine the cells lining your arteries. These cells are subject to damage from various sources such as hypertension (high blood pressure), exposure to plant sterols and pesticides, anti-nutrients, and pro-inflammatory agents. When these cells are damaged, they require repair, and cholesterol is a key component in this repair process.

Your body responds to this damage by increasing cholesterol production to facilitate the repair of cell membranes. This is why cholesterol is often found in atherosclerotic plaques—it’s present to heal the arterial damage, not to cause it. The presence of cholesterol in these plaques is a natural part of the body's attempt to fix the injury.

The real concern should be the factors causing this damage, not the cholesterol itself. High cholesterol is an indicator that something else is wrong in the body. Medications that interfere with your body’s ability to produce cholesterol, such as statins, are problematic for several reasons. First, they counteract the body's natural repair mechanisms, which can exacerbate health problems. Second, these drugs have numerous side effects that can be harmful.

The pharmaceutical industry has a significant influence on the science and recommendations regarding cholesterol management, leading to widespread use of

these medications despite their potential harm. This situation persists because the science has been manipulated by financial interests, compromising the integrity of health recommendations.

In conclusion, elevated cholesterol is a sign that your body is trying to heal itself from underlying damage caused by various factors. The focus should be on addressing the root causes of this damage, such as hypertension and inflammation, rather than simply lowering cholesterol levels. The widespread prescription of cholesterol-lowering drugs without addressing these underlying issues is not only misguided but potentially harmful. It’s essential to look beyond the numbers and understand the broader context of cholesterol’s role in the body.

Doctors are indoctrinated with the idea that if your LDL cholesterol is above a certain threshold, you must be prescribed a statin. They're pressured to ensure you comply with taking these medications because they've been told that LDL cholesterol is a primary cause of heart disease. This is supposed to reduce your risk of developing heart disease in the future.

But here's where the whole argument falls apart: scientifically, it doesn’t hold water. My background is in cardiovascular pathophysiology, so if anyone knows what truly causes heart disease, it's someone with my expertise. And let me tell you, the concept of "LDL cholesterol" as it's presented in mainstream medicine is fundamentally flawed.

First of all, "LDL cholesterol" doesn't exist. There is no such thing. Look at any biochemistry textbook from anywhere in the world, and you'll see that cholesterol is a single molecule made up of carbon and hydrogen atoms. There aren’t different

types of cholesterol molecules called LDL or HDL; there is only cholesterol. The terms LDL and HDL refer to lipoproteins that transport cholesterol and other lipids through the bloodstream, not different forms of cholesterol.

It's infuriating that the medical community pushes this simplistic and misleading narrative. Cholesterol itself is not the enemy. It is a crucial molecule necessary for cellular function, brain health, and hormone production. The problem is how cholesterol is transported and utilized in the body, which is influenced by many factors including diet, inflammation, and overall metabolic health.

By focusing narrowly on lowering LDL cholesterol with statins, doctors are missing the bigger picture. Heart disease is a complex condition influenced by a variety of factors such as chronic inflammation, oxidative stress, insulin resistance, and lifestyle choices. Reducing LDL cholesterol alone does not address these underlying issues. In fact, some studies suggest that statins may not significantly reduce the risk of heart attacks or mortality in many people, calling into question their widespread use.

It's time to shift our focus from an outdated and overly simplistic view of cholesterol to a more comprehensive understanding of cardiovascular health. We need to address the root causes of heart disease rather than just treating symptoms. This means looking at diet, lifestyle, and other factors that contribute to metabolic health. The current approach is not only flawed but potentially harmful, as it diverts attention from more effective strategies for preventing heart disease. There's quite a bit of phosphorus involved in these lipoproteins as well. These lipoproteins are essentially delivery agents because you cannot dissolve lipids in water. Cholesterol is a lipid, and it simply will not dissolve in water. Water is a

polar molecule, while lipids are non-polar, so when you pour a lipid on top of water, it won't mix; it will just sit on top. This separation illustrates the fundamental need for a transport mechanism in our bloodstream.

This is where lipoproteins come into play. They package up fats and cholesterol to transport them around the body via the bloodstream. Without these lipoproteins, fats would separate out of our blood, rendering the system ineffective. Lipoproteins are absolutely crucial for the transport of lipids.

There are several classes of lipoproteins: low-density lipoproteins (LDL), intermediate-density lipoproteins (IDL), high-density lipoproteins (HDL), and chylomicrons. Each type plays a specific role in lipid transport. When you go for a blood test and see results for LDL, HDL, and total cholesterol, what's being measured is the amount of cholesterol carried by these different lipoproteins. Remember, cholesterol itself is just one molecule; what varies is the lipoprotein carrying it.

The confusion and misinformation surrounding cholesterol stem from a fundamental misunderstanding of these lipoproteins. LDL and HDL are not different forms of cholesterol; they are carriers of cholesterol. They transport the same cholesterol molecule but to different parts of the body. LDL often gets labeled as "bad" cholesterol because it transports cholesterol to tissues, which can lead to plaque buildup in arteries if levels are too high. Conversely, HDL is labeled "good" cholesterol because it transports cholesterol away from tissues and back to the liver for processing and excretion.

This simplistic categorization of LDL as bad and HDL as good is overly reductive and doesn't account for the complex role these lipoproteins play in our body's biochemistry. It's infuriating to see medical professionals pushing the narrative that lowering LDL cholesterol alone will solve heart disease. The focus should be on understanding and managing the root causes of lipid imbalances, such as diet, inflammation, and metabolic health, rather than just prescribing statins to lower LDL levels.

Calorie Deficit Vs Carnivore

Every mainstream fitness influencer and doctor loves to parrot the same tired advice: weight loss is all about a calorie deficit. "Eat whatever you want, as long as it's in a deficit, and you'll lose weight. Count your calories because they're the only thing that matters." They act as if they've uncovered some groundbreaking secret that no one else knows about.

Yes, okay, we get it, genius—you have to eat less than you burn. No duh. But what these people fail to consider are the factors that make maintaining a calorie deficit either easy or incredibly hard. They simplify the process to sheer willpower, discipline, and, frankly, self-torture and misery. They clickbait you with images of hyper-palatable junk food, telling you that you can still lose weight while indulging in these foods, as long as it's in moderation.

What they don't tell you is how difficult it is to maintain a calorie deficit when your diet consists of processed, high-sugar, and high-carb foods. These foods spike your blood sugar, leading to crashes that make you feel hungry again, even if

you've just eaten. They ignore the role of hormones like insulin and leptin, which play a critical role in hunger and satiety.

What these clueless, uneducated people don't realize is that the foods they recommend eating in moderation are not designed to be consumed in moderation. There are literally scientists and professionals with advanced degrees who specialize in manipulating the flavors and textures of food to reach what is known as the "bliss point"—the perfect balance of sugar, fat, and salt that makes food incredibly addictive and enjoyable. This process is so refined that the resulting food can be as habit-forming as drugs like cocaine or heroin.

These food scientists use their expertise to create products that hijack the brain's reward system, making you crave more even when you're not hungry. The term "bliss point" was coined by the industry to describe the optimal level of sweetness that keeps consumers coming back for more. Foods engineered to hit this bliss point are designed to be nearly irresistible, leading to overeating and contributing to obesity and other health issues.

This isn't just speculation—it's a well-documented strategy used by the food industry. Michael Moss, in his book "Salt Sugar Fat: How the Food Giants Hooked Us," exposes how companies manipulate ingredients to maximize addictiveness. They spend billions on research and development to ensure their products are as appealing as possible, often at the expense of nutritional value.

The calories in affect the calories out

This is the real missing key that these mainstream fitness influencers and so-called health experts just don't understand. Let's break it down: which food has the highest thermic effect, meaning it causes you to burn more calories by increasing your body temperature, making you more active, and boosting your metabolism? Which food makes you burn more calories simply while digesting it due to its nutrient density? The answer is, of course, meat.

Thermic Effect of Food (TEF): Caloric Cost of Digestion

When it comes to the thermic effect of food, different macronutrients require varying amounts of energy to digest, absorb, and process. Here's how they compare:

- Protein: Digestion and absorption of protein require a significant amount of energy, utilizing approximately 25-35% of the calories consumed.
- Carbohydrates: Carbohydrates are more efficiently processed, spending about 5-10% of their calories during digestion and absorption.
- Fats: Fats are the most efficient for the body to process, using only 0-5% of their calories during digestion and absorption.

You've probably heard of the "meat sweats." Ever heard of the "sugar sweats"? Didn't think so. Meat makes your body burn hotter, literally raising your body temperature and increasing your calorie burn. For example, when you have a fever, your body burns more calories than it normally would when you're not sick. This phenomenon underscores the thermogenic effect of meat.

Meat is not only thermogenic but also incredibly nutrient-dense. It provides essential amino acids, vitamins, and minerals that are crucial for metabolic functions. Digesting and metabolizing these nutrients require more energy compared to the simple sugars found in carbohydrates. This means you burn more calories just by eating meat.

Now, let's talk about satiety. Which food is the most satiating and leaves you the most satisfied because it effectively triggers your satiety hormones? Meat and fat. They help regulate your hunger by triggering hormones like leptin, which signals to your brain that you're full. In contrast, carbohydrates disrupt your satiety hormones and increase your hunger hormone, ghrelin. This disruption makes it easy to overeat carbs and leaves you feeling hungry soon after a meal.

The reason carbs are so easy to overeat and why they increase your appetite is that our bodies have evolved to eat fatty meat. Fatty meat is recognized by our bodies, which leads to a feeling of fullness and satisfaction. However, when you consume glucose and other carbs, this natural process is disrupted. Your body can't effectively signal when it's full, causing you to overeat.

In essence, the simplistic advice from mainstream experts to eat whatever you want in moderation and just count calories misses the point. The type of food you eat matters significantly. Meat not only supports a higher metabolic rate and greater calorie burn but also provides lasting satiety, helping you naturally regulate your intake without the constant battle against cravings.

When you eat meat, you're naturally just bouncing off the walls with energy. In contrast, with other foods, you're often lethargic, relying on caffeine for energy,

and forcing yourself to do cardio. On a meat-based diet, you increase your NEAT (non-exercise activity thermogenesis) unconsciously. You might not even realize it, but you’re burning more calories almost equivalent to doing cardio simply by being more active and energetic.

When I was following a standard bodybuilder diet, I would force myself to do tons of cardio and still looked pudgy. Transitioning to a carnivore diet was a game-changer. I did a fraction of the cardio I used to do and was dropping weight like crazy, despite eating a significant amount of meat. I was initially nervous that because I was eating so much meat, I would gain weight. On my previous diet, eating even a bit more than my "calorie maintenance" would always lead to weight gain. But on carnivore, my calorie count would far surpass my previous diet, and I would still be losing weight.

On a carnivore diet, I was hot all the time, literally burning calories due to the thermogenic effect of protein. My energy levels were through the roof, and I found myself moving more throughout the day. This increase in NEAT contributed significantly to my weight loss. It's like my body was a well-oiled machine, efficiently burning fat for fuel without the need for constant cardio.

In summary, the shift to a carnivore diet can transform your body's energy dynamics. You go from being lethargic and dependent on external stimulants to becoming a powerhouse of natural energy. This increased activity and higher metabolic rate contribute to more effective and sustainable weight loss, even when consuming a higher calorie intake. So, if you’re tired of counting every calorie and still feeling sluggish, consider the benefits of a meat-based diet—it could be the key to unlocking a more vibrant, energetic you.

Isn’t Too Much Protein Bad for My Kidneys?

All that protein is gonna kill your kidneys. You're gonna hear that. I promise you when you're eating a triple burger with just the meat, cheese, and bacon, someone will inevitably say, "All that protein is gonna mess up your kidneys." So let's talk about that. Dr. Ken Berry is excellent at explaining the real culprits behind kidney failure, and here are some of his key pieces of advice:

Debunking the Myth

First off, there is absolutely zero solid research that shows protein intake harms healthy kidneys. This myth likely originated from a few poorly conducted studies decades ago that suggested a possible link. However, these studies were methodologically flawed and have since been debunked by more rigorous scientific research.

The Reality: Protein and Kidney Health

Let's dive into the facts. There have been extensive studies investigating the effects of protein intake on kidney function, even in individuals with existing kidney issues. Here are a few key points:

1. Healthy Individuals: Numerous studies have shown that high protein diets do not harm kidney function in healthy individuals. The kidneys are well-equipped to handle increased protein intake without any adverse effects.

2. People with Kidney Disease: Even for those with advanced stages of chronic kidney disease (CKD), modern research has found that a higher protein intake does not exacerbate their condition. A study published in the **Clinical Journal of the American Society of Nephrology** found no evidence that a high protein diet accelerates the progression of kidney disease

3. Protein Myths: The idea that protein harms the kidneys is an outdated myth. Recent comprehensive reviews and meta-analyses have consistently shown that protein intake is safe for kidney health. For example, a study in the **Journal of Nutrition** confirmed that high protein diets do not negatively impact kidney function in people with normal kidney function.

The Scientific Consensus

Say it with me: protein is not bad for your kidneys. This is a well-supported fact in the scientific community. Anyone who insists that too much protein will harm your kidneys is simply not up to date with the latest research. They are likely repeating old internet myths and outdated information.

For instance, a detailed review published in the **American Journal of Kidney Diseases** concluded that there is no substantial evidence to support the notion that high protein diets cause kidney damage in healthy individuals. This conclusion is echoed by other reputable sources, including the National Kidney Foundation, which states that healthy kidneys can handle high protein intake without any problems.

The ketogenic diet I recommend for most people is high in fat, moderate in protein, and very low in carbohydrates. This approach works well for many, but some individuals thrive even better on a carnivore diet. I've been following a carnivore diet for over a year now, aiming for a balance of half fat and half protein by weight, not by calories, and it has worked exceptionally well for me. I feel satiated and energized.

Kidney Function and How to Protect It

Your kidneys play a crucial role in filtering your blood, but they do much more than that. Maintaining optimal kidney function is vital for overall health. Let's go through the factors that can destroy your kidneys and debunk some common misconceptions along the way.

Factors That Destroy Kidney Function

1. High Blood Sugar: The number one factor that destroys kidney function is high blood sugar levels, seen in conditions such as pre-diabetes, type 2 diabetes, and uncontrolled type 1 diabetes. Chronic high blood sugar damages the nephrons, the tiny filtering units in your kidneys. This damage can lead to chronic kidney disease (CKD). To protect your kidneys, it's crucial to maintain normal blood sugar levels by following a very low carbohydrate diet, which helps prevent blood sugar spikes.
2. High Insulin Levels: Chronically high insulin levels, or hyperinsulinemia, also damage the kidneys. A high carbohydrate diet can lead to elevated insulin levels, especially in individuals with pre-diabetes or type 2 diabetes. Many diabetes medications lower blood sugar by increasing insulin

levels, which can be counterproductive as high insulin itself harms kidney function. Reducing carbohydrate intake can help manage both blood sugar and insulin levels, protecting kidney health.

Key Takeaways

- Blood Sugar Management: Keep your blood sugar levels in check by following a very low carbohydrate diet. This is the most effective way to prevent nephron damage and protect your kidneys.
- Insulin Control: Avoid high carbohydrate diets that lead to elevated insulin levels. Reducing carb intake helps manage both blood sugar and insulin, which is crucial for kidney health.
- Protein Intake: Don’t fear protein. It does not harm healthy kidneys and is essential for muscle maintenance and overall health.

Don’t Athletes Need Carbs?

Most athletes are constantly told to consume large amounts of carbohydrates for energy. The conventional wisdom suggests that carbs are the ultimate fuel source for athletic performance. However, what many don't understand is that once you become fat-adapted, your energy levels stabilize, and you become far more efficient than your carb-dependent self.

When you rely on your own body fat for energy, you burn ketones, which are much more efficient than glucose derived from carbs. This is because ketones provide a more stable and sustained energy source, reducing the frequent peaks and troughs associated with carbohydrate consumption. Unlike glucose, which requires regular

replenishment through diet, fat stores offer a virtually unlimited supply of energy, supporting prolonged physical activity without the need for constant refueling.

Fat adaptation aligns with our evolutionary metabolic state. Historically, humans thrived on diets high in fat and protein, with carbohydrates playing a minor role. This natural state of ketosis allows the body to efficiently use stored fat for energy, making it a more sustainable and effective fuel source compared to the glucose-heavy diets of modern athletes.

In essence, fat adaptation enhances endurance, reduces the risk of energy crashes, and supports overall metabolic health. By shifting from a carb-centric diet to one that prioritizes fats and proteins, athletes can achieve superior performance and long-lasting energy, proving that the body's natural metabolic state is the key to optimal athletic performance. Anthony Chaffee and Richard Smith, both advocates for the carnivore diet, have shared insights about athletes on low-carb diets. Dr. Chaffee, a neurosurgeon and carnivore diet proponent, and Richard Smith, a bodybuilder who follows a carnivore diet, emphasize the substantial benefits of reducing carbohydrate intake for athletic performance and overall health.

Energy Utilization: Glucose vs. Ketones

Glucose Metabolism:
Processing one glucose molecule requires two NAD+ molecules at two different stages, totaling four NAD+ molecules for energy production. NAD+ (Nicotinamide Adenine Dinucleotide) is a crucial coenzyme in cellular metabolism, playing a key role in the conversion of nutrients into energy. The energy production process from

glucose is less efficient because it requires more NAD+ molecules, which can deplete cellular resources more quickly and contribute to metabolic stress.

Ketone Metabolism:
In contrast, processing ketones, specifically beta-hydroxybutyrate, only requires one NAD+ molecule. This makes ketone metabolism approximately 400% more efficient at a cellular level compared to glucose metabolism. This efficiency means that less oxidative stress is generated during energy production, leading to reduced cellular aging and damage.

Oxidative Stress and Aging

The decline in NAD+ levels and the subsequent increase in NADH (the reduced form of NAD+) are associated with oxidative stress and aging. Oxidative stress results from an imbalance between free radicals and antioxidants in the body, leading to cellular damage. High levels of carbohydrate intake can exacerbate this stress, causing more rapid aging and cellular deterioration. Athletes who consume large amounts of carbohydrates early in their careers often retire young, around their 30s, and tend to age quickly while gaining weight. This phenomenon is largely due to the oxidative stress and damage inflicted on their cells from excessive carbohydrate consumption.

Energy Storage Capacity

Let’s put this into perspective with energy storage. An elite athlete who relies on carbohydrates can store about 10,000 kilojoules of energy in the form of glycogen. However, a ketogenic athlete, who relies on fat, can store up to 150,000 kilojoules

of energy. That's 15 times more energy storage. This massive difference means that ketogenic athletes have a more sustainable and reliable energy source. They don't need to constantly top up their energy levels because their fat stores provide a steady supply of fuel.

Practical Implications for Athletes

For athletes, it's counterintuitive to rely on an energy system that needs frequent replenishment and is prone to crashing. Instead, supplying the body with a fat-based energy system is far more efficient. Ketones not only provide a more stable energy source but also help in maintaining a higher metabolic rate and reducing oxidative stress. This allows athletes to perform at high levels for longer periods without the constant need for carbohydrate refueling.

Elite Athlete Performance on a Ketogenic Diet

Working with elite athletes, I've seen some incredible results. For example, some of these athletes, who compete in Ironman events lasting between 10 to 14 hours, are fueled solely by water and electrolytes. That's right—they compete entirely fasted, without eating before or during the event. Their nutrition consists only of water and electrolytes throughout the grueling 2.4-mile swim, 112-mile bike ride, and marathon run. It's truly phenomenal.

In contrast, carb-dependent athletes consume energy gels and around 120 grams of carbohydrates per hour, which often results in gastrointestinal distress, including gas and frequent trips to the toilet. These athletes constantly need to refuel with quick-release energy sources. Meanwhile, ketone-fueled athletes experience

superior energy efficiency—about 400% more efficient at a cellular level—allowing them to perform better without the digestive issues.

The Problem with Carbohydrate-Heavy Diets

Consider a typical carb-heavy plate: pasta (high in phytic acid and lectins), tomatoes (high in lectins), peas (high in phytic acid and lectins), and spinach (high in oxalates). This plate is filled with anti-nutrients that block the absorption of the few nutrients available. The most nutritious item on such a plate is often the chicken, but even its nutrients are partially blocked by the anti-nutrients from the other foods.

For health and athletic performance, this kind of diet is counterintuitive. The best approach is far simpler: red meat. Red meat contains every vitamin and mineral needed not just for survival, but to thrive. From vitamin A to zinc, and including essential compounds like choline, creatine, carnitine, carnosine, and taurine, red meat provides comprehensive nutrition.

What About the Blue Zones?

Paul Saladino explains it best in his book, detailing the fallacies and misconceptions surrounding the concept of Blue Zones. According to Saladino, Blue Zones, as popularized by Dan Buettner, do not represent the exclusive longevity havens they are often portrayed to be.

The Blue Zones are nothing less than a fallacy. They are essentially Ancel Keys' cherry-picking on steroids. What Dan Buettner and his colleagues did was select five regions of the world—the Ikaria region of Greece, Sardinia, the Nicoya region of Costa Rica, Loma Linda, California, and Okinawa—and then try to extrapolate their diets and lifestyles to claim they have exceptional longevity.

The problem with this construct is that it's blatantly cherry-picked. There are many other regions in the world, such as Hong Kong and Iceland, where people also live longer than average, often reaching centenarian status. However, their diets are nothing like the so-called "Blue Zones" diets. The omission of these regions shows a clear bias and undermines the credibility of the Blue Zones concept.

Moreover, by focusing exclusively on these five regions, they ignore other crucial factors that contribute to longevity, such as genetics, environment, and healthcare quality. It's misleading to attribute longevity solely to diet and lifestyle in these cherry-picked regions while ignoring contrary evidence from other parts of the world.

If you closely examine the diets in these regions, excluding Loma Linda, you'll find that they actually consume a substantial amount of meat. This misleading portrayal is reminiscent of Ancel Keys' infamous Seven Countries Study, where he cherry-picked data during Lent—a period when people traditionally abstain from meat—and then concluded that these populations don't consume meat, using this to support his hypothesis that meat and saturated fats raise cholesterol and cause heart disease.

Dan Buettner's representation of the Blue Zones does a significant disservice by misinforming the public about dietary habits. For example, in Okinawa, unlike other parts of Japan, there is no religious taboo against eating meat. Okinawans consume a considerable amount of pork, and their diet includes various meat dishes, contrary to the vegetarian image often presented. Similarly, in Sardinia, a traditional dish known as Sarda Pig highlights the consumption of pasture-raised pork. Feasts centered around meat are common in Sardinian culture, further disproving the notion that these regions adhere to predominantly plant-based diets.

These examples illustrate the selective nature of the Blue Zones narrative. By ignoring the meat consumption in these regions, proponents create a skewed perspective that does not align with the actual dietary practices. It's essential to recognize that many other factors, including genetics, lifestyle, and overall healthcare, play significant roles in the longevity observed in these regions. Misrepresenting the dietary habits only serves to propagate misinformation and prevent a holistic understanding of health and longevity.

In the Nicoya region of Costa Rica, the longevity benefits seem to disproportionately favor men. This discrepancy raises questions since both men and women presumably follow similar diets. Interestingly, the men in Nicoya are known to consume more meat and cook their food in animal fat compared to the general Costa Rican population, whom they outlive. This pattern challenges the notion that plant-based diets are the key to longevity.

Similarly, in the Ikaria region of Greece, meat is highly valued and regularly consumed. The residents of Ikaria do not follow a plant-based diet, yet they enjoy

remarkable longevity. This further undermines the claim that plant-based eating is essential for a long life.

Loma Linda, California, is often cited as a Blue Zone due to its population of Seventh-day Adventists, many of whom are lacto-ovo vegetarians or vegans. However, this group's longevity can be attributed to factors beyond diet. For example, they abstain from alcohol and tobacco and place a strong emphasis on family and community, which are significant contributors to their extended lifespans. Mormons, who consume meat, also live about seven years longer than the average Californian, largely due to similar lifestyle choices, such as not smoking or drinking and prioritizing family life.

Thus, the inclusion of Loma Linda as a Blue Zone is somewhat misleading. It suggests that diet alone is responsible for their longevity when, in reality, social and lifestyle factors play crucial roles. Dan Buettner's portrayal of the Blue Zones often overlooks these complexities, focusing too narrowly on diet while ignoring other critical elements that contribute to longevity.

How Come They Can Eat It and They're Fine?

Isn't Raw Meat Dangerous?

What Supplements Do I Need?

Can’t I Have a Little (Fill in the Blank)

Ah, the age-old dilemma: Can't I indulge in a cookie, a slice of pizza, or a piece of bread every once in a while? They bring me joy and satisfaction! To that, I playfully retort, why not throw in a dash of cocaine or heroin while you're at it? They sure make you feel good too! Oh, but wait, those are harmful, you say? Well, guess what? So are those delectable treats you're craving. Sure, those foods might not seem as nefarious as hard drugs but hear me out. When you're dabbling in drugs, you're fully aware that you're walking on the wild side. But those oh-so-tempting hyper-palatable foods? They've become the legal street drugs of our time, silently ensnaring you with their addictive charms.

"Surely, these addictive foods can't be as bad as drugs, right?" Well, let's picture this: People getting parts of their bodies amputated due to diabetes, all because of those innocent "just a few cookies here and there." Those sweet little treats stealthily elevate blood sugar levels to dangerous heights, leading to drastic measures like amputations. Suddenly, those cookies don't seem so harmless, do they? And then there's dementia, the sneaky sugar invader of the brain. Who knew that indulging in cake every week or nibbling on cookies could be akin to a sugar-fueled drug binge in your brain? But alas, the damage is done, and you're left grappling with the consequences, much like the aftermath of a drug spree. Oh, and let's not forget about our pearly whites! Meth and other drugs are notorious for making teeth fall out, but guess what else is a mastermind behind cavities? You guessed it, sugar! That's right, every sugary bite is like a tiny drill, burrowing into your teeth and wreaking havoc. So, the next time you're tempted by that sugary siren call, remember, it's not just a treat; it's a treacherous trip down a slippery slope!

Let's delve deeper into this conundrum. You might fancy the idea of indulging in a "cheat meal" every so often, thinking you've got it all under control. But here's the catch: that's often the very moment you start slipping off the wagon. If you could truly savor that treat occasionally without succumbing to its addictive allure, you might just pull it off. However, the reality is that for many, this leads to a complete unraveling. Consider this: with 70% of Americans grappling with overweight issues, if it were as simple as enjoying a hyper-palatable meal now and then, we wouldn't be facing such a widespread problem. It's akin to walking a tightrope – one misstep, and down you go. Now, if you've ever battled a binge eating disorder or been haunted by food obsessions, I'd strongly advise against the cheat meal strategy. It's like playing with fire. You wouldn't suggest a recovered cocaine addict have "just a little" as a treat, right? The same principle applies here. That cheat meal isn't just a meal; it's a potential trigger, a siren call luring you back into old, destructive habits. So, before you consider straying for a culinary fling, remember the stakes and stay the course.

Ah, the tempting call of "just this once." If you're among the rare breed who's never been ensnared in the clutches of binge eating or obsessive food relationships, and you embarked on the carnivore journey purely for health, you might think a cheat meal here and there is harmless fun. While I wouldn't outright endorse it, it's true that your odds of slipping back into old, detrimental eating habits are slimmer than most.However, let's not sugarcoat the reality. For the majority of us, that innocent cheat meal is like opening Pandora's box. It's a slippery slope back to the seductive, yet treacherous, embrace of the standard American diet, complete with all its health woes and dietary pitfalls. So, before you give in to that siren song of temptation, consider the potential consequences. It's not just about this one cheat

meal; it's about safeguarding the progress you've made and staying true to your health journey.

Here's the lowdown on why cheat meals will lose their allure once you've fully embraced the carnivore lifestyle for at least a month. It all boils down to your gut microbiome, which is essentially a mirror of your diet. The bacteria in your gut thrive on what you feed them, and in return, they send craving signals to your brain to ensure their survival. So, if your diet is rich in sugar and carbs, guess what? The sugar- and carb-loving bacteria will be clamoring for more, urging you to feed them so they can flourish.But here's the game-changer: after about three to four weeks on the carnivore diet, your gut microbiome undergoes a significant transformation. The once dominant sugar- and carb-craving bacteria start to take a backseat, and their incessant craving signals begin to wane. Overcoming cravings for carbs, sugar, and junk becomes a breeze when you indulge in delicious, juicy meat whenever you please and nibble on some fat whenever a sweet craving strikes. Trust me, it works like a charm every time. So, stick with it, and soon you'll find that the idea of a cheat meal becomes as appealing as a stale cracker.

When you steer clear of those detrimental foods for a sufficient stretch, your gut microbiome undergoes a remarkable transformation. It becomes a haven for the good bacteria that thrive on nutrient-dense, biologically appropriate foods. Before you know it, your cravings shift, and you find yourself yearning for more meat and other wholesome foods that have become your staples.Now, let me share the part of this diet that absolutely thrills me. I was once a complete fiend for high-carb, sugary delights. Pizza, bread, fruits - you name it, I was hooked. It was a daily battle, fraught with anxiety. "Will I stay strong today? Can I avoid a binge? Will I manage not to assault my body with these foods?" It was a relentless cycle of

stress.But here's the beauty of the carnivore diet: once your gut microbiome fully adjusts to this way of eating, the desire for those old vices vanishes. You reach a point where you wouldn't even entertain the thought of indulging in them, even if someone offered you a hefty sum. It's a liberating shift that frees you from the shackles of your former cravings and ushers in a new era of dietary tranquility.

Back when I was on the weight loss roller coaster, trying to navigate the world of portion control and restrictive dieting, those tantalizing foods were like sirens on the shore, beckoning me with their irresistible call. Every time I walked past them, it was a battle of wills, with me doing everything in my power to resist their magnetic pull. It was as if they were whispering my name, urging me to succumb to their allure. But then, along came the carnivore diet, and everything changed. Those same foods that used to send me into a tailspin of temptation now elicit no response from me. Not a flicker of desire, not a whisper of craving. It's a revelation I never thought possible. I used to believe that this was a lifelong struggle I'd have to endure, but I was pleasantly mistaken. Now, when I'm immersed in the carnivore lifestyle, those processed, high-carb, hyper palatable foods that once had a vice-like grip on my cravings almost repulse me. It's a complete 180 from where I started, and it's a testament to the profound impact that the carnivore diet can have on reshaping not only your body but your relationship with food. It's not just a diet; it's a liberation from the chains of processed junk that once held me captive.

Can you even fathom the sheer liberation of gazing upon foods that once held a near-mesmeric sway over you, compelling you to devour them in copious amounts, and now feeling absolutely nothing? The incessant, obsessive thoughts that once consumed your every waking moment are gone. It's an indescribably exhilarating sensation, one of the most profound and freeing experiences I've ever had.I'm eager

for you all to share in this extraordinary feeling because it's been a game-changer for me. For the first time, I have a healthy, intuitive relationship with food. I eat when I'm hungry, stop when I'm satisfied, and then move on with my life without giving it another thought. It's a newfound freedom that has transformed my existence, and I'm passionate about spreading the word so that others can break free from the chains of food obsession and discover the same peace and balance that I've found.

If you're sneaking in those cheat meals every now and then, you're essentially throwing fuel on the fire of your addiction. By indulging in those treats, you're feeding the very bacteria in your gut microbiome that thrive on junk food, keeping those cravings alive and kicking. It's a self-sabotage of the highest order, as you trade lasting progress for fleeting pleasure, only to find yourself back at square one. This is where knowledge becomes your superhero, swooping in to rescue you from the clutches of temptation. Armed with the insights I share, you're equipped to make smarter choices, steering clear of those pitfalls that could derail your journey. It's this wisdom that empowers you to stay true to the carnivore path, enduring the initial challenges until you emerge victorious on the other side, where life becomes a breeze, free from the shackles of food addiction.
That's precisely why I steer clear of recommending cheat meals. Once you've fully embraced the carnivore lifestyle, the allure of a cheat meal fades away. But if you're not clued in on how that one seemingly harmless junk food indulgence can swiftly drag you back into your old habits, you're setting yourself up for a fall. You have that one meal, and just like that, the bacteria that thrive on junk food start to repopulate in your gut, reigniting those cravings, and before you know it, you're spiraling back into your former dietary chaos. So, my advice? Keep a safe distance from those cheat meals. It's not worth risking the progress you've made for a

momentary lapse that could undo all your hard work. Stick to the path, and you'll find that the cravings for those old temptations diminish, leaving you free to enjoy the benefits of a truly carnivorous lifestyle without looking back.

But isn’t Eating Meat Bad for The Environment?

It's almost absurd how we're told that animals, which have existed since the dawn of time and played a crucial role in making our planet lusher and more fertile, are now blamed for its destruction. Meanwhile, resource-intensive and soil-depleting crops like soy are hailed as the better alternative. These plants, which humans never consumed in significant quantities before the advent of modern agriculture, are notorious for depleting soil nutrients and exhausting water resources. Yet, we're told they are superior, despite their lack of bioavailable nutrients.

As Paul Saladino Stated in his book, If you have any doubts about the motives behind the demonization of animal fats and the promotion of plant-based diets, just look at recent history. The involvement of big agribusiness in shaping public perception is glaringly obvious. Take the ridiculous FAT-Lancet guidelines, for example, which recommended we consume only 14 grams of meat per day under the guise of environmentalism. This absurd recommendation was backed by a who's who of major corporations like Bayer, Monsanto, Kellogg's, Pepsi, Cargill, Nestlé, and Syngenta. Do you see the pattern here?

These companies stand to make billions by pushing the narrative that plant-based foods are healthier and more environmentally friendly than animal products. Just as they once profited massively from convincing the public that animal fats were harmful and vegetable oils were healthy, they are now trying to capitalize on the plant-based trend. It's all about the money.

Throughout this book, we've debunked the claims that animal foods are unhealthy and that plant foods are our salvation. But let's take a moment to examine the environmental impact of eating animal foods. Spoiler alert: in the United States, these agribusiness giants produce over ten times the amount of greenhouse gases compared to cows. Furthermore, regenerative ruminant agriculture can actually reduce the amount of carbon dioxide in the atmosphere!

This is not just about health; it's about a massive, coordinated effort to manipulate public perception for profit. It's infuriating to see how these corporations, under the guise of promoting health and environmental sustainability, are pushing guidelines that benefit their bottom line at the expense of public health and true environmental stewardship. Don't be fooled by their propaganda. The science is

clear: sustainable animal farming is not only healthy but also beneficial for the planet.

The Role of Animals in Ecosystem Health

Animals have been essential to maintaining and enhancing ecosystems throughout history. Grazing animals such as cows, sheep, and goats naturally manage grasslands, promoting the growth of deep-rooted plants that help stabilize soil and enhance water infiltration. Their manure acts as a natural fertilizer, adding essential nutrients to the soil and fostering biodiversity. This symbiotic relationship between animals and the land has kept ecosystems balanced and productive for millennia.

The Detrimental Impact of Industrial Agriculture

In stark contrast, industrial agriculture, especially the cultivation of monocrops like soy, is highly detrimental to soil health and water resources. These crops often require extensive use of chemical fertilizers and pesticides, which degrade soil quality and pollute water supplies. The practice of monocropping leads to soil nutrient depletion, making the land less fertile over time. This type of farming disrupts natural ecosystems, leading to biodiversity loss and increased vulnerability to pests and diseases. The narrative that plant-based diets, reliant on such crops, are inherently better for the environment is misleading. The focus on monocrops like soy overlooks the substantial environmental costs. These crops do not offer the same bioavailable nutrients that animal products do, making them a less effective source of essential vitamins and minerals for human health.

Crops that Deplete Soil and Resources

1. Soy

- Environmental Impact: Soy cultivation often leads to deforestation, particularly in the Amazon rainforest. This deforestation results in loss of biodiversity and increased greenhouse gas emissions.
- Soil Depletion: Soy monocropping depletes soil nutrients, requiring heavy use of chemical fertilizers that can further degrade soil health and pollute waterways.
- Resource Use: Soy farming demands significant water resources and can lead to water scarcity in regions where it is intensively cultivated.

2. Palm Oil

- Environmental Impact: The expansion of palm oil plantations is a major driver of deforestation in Southeast Asia. This destroys habitats for endangered species like orangutans and tigers.
- Soil Depletion: Palm oil plantations deplete soil nutrients, often leaving the land barren and unsuitable for other crops after the palms are no longer productive.
- Resource Use: The industry consumes vast amounts of water and chemicals, contributing to soil and water pollution.

3. Corn (Maize)

- Environmental Impact: Corn is one of the most intensively grown crops in the world, leading to extensive use of fertilizers and pesticides that pollute soil and waterways.
- Soil Depletion: Continuous corn monocropping depletes essential soil nutrients, necessitating increased fertilizer use that can harm soil structure and fertility.
- Resource Use: Corn farming is water-intensive and contributes to the depletion of water resources, especially in areas relying on irrigation.

4. Cotton

- Environmental Impact: Cotton farming involves heavy use of pesticides and fertilizers, which can lead to soil and water contamination.
- Soil Depletion: Cotton depletes soil nutrients rapidly, requiring frequent application of chemical inputs to maintain yields.
- Resource Use: It is one of the most water-intensive crops, contributing to water scarcity and stress in many cotton-producing regions.

5. Wheat

- Environmental Impact: Large-scale wheat farming often leads to soil erosion, especially when not managed with crop rotation or conservation practices.
- Soil Depletion: Continuous wheat cultivation exhausts soil nutrients, particularly nitrogen, making the soil less fertile over time.
- Resource Use: Wheat farming can also be water-intensive, especially in arid regions, leading to overuse and depletion of water resources.

6. Rice

- Environmental Impact: Rice paddies are significant sources of methane, a potent greenhouse gas. The drainage of wetlands for rice cultivation can also destroy habitats.
- Soil Depletion: Continuous rice cultivation without proper nutrient management depletes soil fertility.
- Resource Use: Rice is highly water-intensive, requiring large quantities of water for irrigation, which can deplete local water supplies and impact ecosystems.

How These Crops Harm the Environment

1. Deforestation and Habitat Loss: Large-scale cultivation of these crops often involves clearing forests, leading to habitat destruction and loss of biodiversity.
2. Soil Degradation: Mono-cropping depletes soil nutrients, reduces soil fertility, and increases the need for chemical fertilizers, which can lead to further soil degradation.
3. Water Pollution: The extensive use of fertilizers and pesticides leads to runoff that contaminates rivers, lakes, and groundwater, harming aquatic ecosystems.
4. Greenhouse Gas Emissions: Certain crops, particularly those involving deforestation or requiring intensive water management (like rice), contribute significantly to greenhouse gas emissions.

5. Water Scarcity: These crops often require significant water resources, leading to depletion of local water supplies and impacting surrounding communities and ecosystems.

CHAPTER 6

All About Building Muscle

How Excessive Exercise Ages You

Muscles. We all love them. Whether you're new to building muscles or already know a thing or two, I'm here to tell you that getting them and growing them is cake. But before I dive into the muscle-building magic, let me share something that recently blew my mind. And trust me, it's a doozy. Are you ready? Long and intense exercise shortens your life span!

I know, I know. It sounds like total garbage, right? That's what I thought at first, too. But stick with me here, and let's break it down.

Do you know what the number one ager and shortener of life span is? Stress! Now, that's not just mental stress; it applies to physical stress as well. Just think about it logically.

Mental stress and physical stress are two sides of the same nasty coin. Your body can't tell the difference between the two; it just knows it's under attack. Whether you're stressing over a work presentation or pushing your body to its limits at the gym, the result is the same: elevated cortisol levels. This hormone, in high doses, is like acid rain on your body's delicate ecosystem.

In the animal kingdom, there's a fascinating correlation between heart rate, activity levels, and lifespan. Animals with slower heart rates and relaxed, deliberate movements tend to live significantly longer than their more frenetic counterparts. Consider turtles and elephants—both known for their slow, measured pace and

impressive longevity. These animals exhibit a calm, low-stress lifestyle that seems to contribute to their extended lifespans.

On the other end of the spectrum, animals with fast heart rates and a penchant for explosive, high-energy movements, such as hummingbirds and small rodents, tend to have much shorter lifespans. Their rapid heartbeats and high metabolic rates seem to burn through their biological reserves at a much quicker pace.

This natural phenomenon provides a compelling lesson for humans: maintaining a lower heart rate and avoiding excessive exercise may be beneficial for longevity. High-intensity, frequent workouts can place immense stress on the body, leading to chronic fatigue, increased risk of injury, and long-term wear and tear on muscles and joints. This kind of constant physical stress can accelerate aging and negatively impact overall health.

In contrast, a more balanced approach to exercise—one that emphasizes moderation, relaxation, and sustainability—can help keep your heart rate lower, reduce stress, and promote a longer, healthier life. Incorporating activities that foster calmness and relaxation, such as walking, yoga, or tai chi, alongside moderate, targeted strength training, can provide the physical benefits of exercise without the detrimental effects of overexertion.

By listening to our bodies and respecting their limits, we can optimize our health and longevity, much like our long-lived animal counterparts.

The study "Heart Rate, Life Expectancy and the Cardiovascular System: Therapeutic Considerations" found that resting heart rate is inversely related to life

span in mammals. Specifically, animals with lower resting heart rates tend to live longer. The findings attribute this to a slower metabolic rate and reduced cardiovascular stress, which decreases the likelihood of developing cardiovascular diseases. Additionally, it was observed that a lower heart rate increases diastolic time, improving coronary blood flow and reducing myocardial oxygen demand, further enhancing cardiovascular health and longevity.

Chronic stress doesn't just make you feel terrible; it ages you faster than a time-lapse video of a rotting apple. It leads to a cascade of health issues: high blood pressure, heart disease, diabetes, and a weakened immune system. Your body is in a constant state of "fight or flight," which is great if you're running from a bear, but not so much if you're just trying to survive your daily commute.

Stress, whether mental or physical, is the ultimate life-shortener. It's the silent saboteur of your well-being, chipping away at your health one cortisol molecule at a time. So, next time you feel overwhelmed, remember to take a step back, breathe, and give yourself a break. Your body will thank you, and you'll be adding years to your life instead of shaving them off. Plus, you'll look and feel better, which is a pretty sweet deal!

You've probably heard that sugar can age you faster, and it's absolutely true. But guess what? Being stressed, whether physically or mentally, can raise your cortisol levels, which in turn raises your blood sugar sometimes as much as a slice of cake. So, it's essentially the same thing! Isn't that wild?

In her book “Fasting Like a Girl,” Dr. Mindy Pelz explains how stress impacts our health in surprising ways. When you’re stressed, your body releases cortisol, the infamous stress hormone. This hormone not only messes with your mood but also spikes your blood sugar, leading to faster aging and a host of other health issues.

Getting stress under control is no doubt easier said than done. For years, I personally struggled with the mental and physical effects of too much cortisol surging through me. Good friends would tell me to slow down and lean into more self-care. This was not an easy request.

After reading “Rushing Woman’s Syndrome,” in which Dr. Libby Weaver describes in exquisite detail the impact cortisol has on a woman’s body, I began to understand at a deeper level the negative physiological consequences cortisol was having on my hormonal health. Dr. Weaver’s insights were a revelation. She explains how chronic stress triggers the release of cortisol, leading to a cascade of hormonal imbalances that can affect everything from your menstrual cycle to your thyroid function. It was like a lightbulb moment, illuminating all the ways stress was sabotaging my well-being.

This newfound understanding motivated me to change my stressful ways. I realized that by constantly being in a rush and pushing myself to the limit, I was essentially feeding my body a steady diet of stress hormones. It was time to hit the brakes and prioritize self-care.

Most likely, you have also had moments when cortisol has hijacked your hormonal health. You might have experienced symptoms like weight gain, fatigue, mood

swings, or irregular periods. These are all signs that cortisol is running the show, and your hormones are struggling to keep up.

Taking steps to manage stress isn't just about feeling better mentally; it's about restoring balance to your entire body. Whether it's through mindfulness practices, regular exercise, or simply taking time to breathe deeply and unwind, reducing cortisol levels can have profound benefits on your overall health.

So, next time you feel overwhelmed, remember that slowing down isn't a luxury—it's a necessity for your health. Your body will thank you for it, and you'll be giving yourself the best chance at a long, healthy, and vibrant life.

Often, women experience the most hormonal dysfunction during or after times of chronic stress. When stress levels go up, cortisol levels spike. A surge of cortisol signals to your body to elevate your blood sugar. This is your classic fight-or-flight response. Your body prepares as if it needs to run away from a tiger that's chasing you, releasing stored sugar to send to your muscles quickly so you can act.

Your body adapts to this new surge in blood sugar by telling your pancreas to make more insulin. If you are trying to lose weight, this chemical reaction can really work against you. Cortisol can raise insulin as much as a piece of cake can. This can make it difficult to lose weight when you are living a high-stress life. Imagine trying to outrun that proverbial tiger while also carrying the weight of a three-tier wedding cake. Not fun, right?

This increased insulin initiated by cortisol spikes sets you up to fail at any diet, fast, or nutrition change you are trying to make. Your body is constantly in a state

of sugar rush and insulin production, which not only makes it hard to shed those extra pounds but also messes with your hunger signals and energy levels. It's like trying to drive a car with one foot on the gas and the other on the brake – you're not going anywhere fast, and you're burning out in the process.

But the damage from cortisol doesn't stop there. Continued cortisol spikes signaling insulin deplete your sex hormone production. Your body prioritizes dealing with the "immediate threat" of stress over maintaining hormonal balance. So, estrogen, progesterone, and testosterone levels take a hit. Combine chronic stress with eating the classic Western diet – high in processed foods, sugars, and unhealthy fats – and you will find balancing these hormones extremely difficult.

When your sex hormones are out of whack, you might experience irregular periods, mood swings, decreased libido, and even infertility. It's like your body is constantly shouting, "Emergency!" while your hormonal health quietly deteriorates in the background.

In essence, living a high-stress life doesn't just make you feel frazzled and exhausted; it sets off a chain reaction that can sabotage your weight loss efforts and wreak havoc on your hormonal health. It's a vicious cycle where stress begets more stress, and your body pays the price.

Did you know that marathon runners have some of the shortest life spans out of all the sports? Yep, those folks we see as the epitome of fitness might actually be running themselves into an early grave. Everyone and their grandmother views running as the ultimate healthy habit, but it turns out that over-exerting your heart

and producing mass amounts of cortisol (the stress hormone) isn't exactly doing you any favors.

Let's paint a picture: you're out there, clocking in mile after mile, thinking you're on the fast track to eternal youth. But here's the kicker – all that intense, prolonged cardio is putting a serious strain on your heart. Your heart, the poor overworked engine, is getting pushed to its limits. And cortisol? That little devil is surging through your body like there's no tomorrow, wreaking havoc on your immune system, metabolism, and even your mood.

Marathon runners, despite their incredible stamina and lean physiques, often suffer from heart issues, chronic inflammation, and a host of other stress-related problems. In fact, studies have shown that excessive endurance exercise can lead to a phenomenon known as "athlete's heart," where the heart muscle thickens and stiffens. This might sound impressive, but it's not a good thing when it comes to longevity.

Now, bodybuilders. I used to have immense respect for them, but now I just see them as, well, a bit suicidal. Especially the ones loaded up with drugs, eating the most micronutrient-devoid foods from plastic containers, always under fluorescent lights, with constant high cortisol, and destroying their bodies every day. They die the youngest and most commonly. I think we're all aware that bodybuilding isn't the healthiest thing, but I don't think most people understand just how unhealthy it is, especially when combined with drugs.

You see a bodybuilder flexing those massive muscles, veins popping, and you think, "Wow, that's impressive!" But behind the scenes, it's a different story. Many

bodybuilders are loaded up with steroids and other performance-enhancing drugs, turning their bodies into ticking time bombs. These substances might make them look like superheroes, but they're wreaking havoc on their insides.

Steroids can lead to liver damage, heart problems, and a whole host of other health issues. And let's not forget the infamous "roid rage," where even the smallest annoyance can set off a volcanic eruption of anger. It's like living with the Hulk, but without the cool green skin.

Then there's the diet. Bodybuilders often eat the most bland, micronutrient-devoid foods imaginable. Chicken breast, rice, and broccoli, all stored in plastic containers. Day in, day out. Sure, they're getting their protein, but where are the vitamins and minerals? Their bodies are like finely tuned machines, but they're running on the cheapest, crappiest fuel available.

And those plastic containers? They're leaching harmful chemicals like BPA into the food, adding another layer of toxicity. It's like microwaving your lunch in a plastic bag – not exactly the recipe for health and longevity.

Picture this: bodybuilders spending hours in the gym, under harsh fluorescent lights. These lights are not only unflattering but also mess with their circadian rhythms, leading to poor sleep and elevated cortisol levels. High cortisol means more stress, which means more inflammation and a higher risk of illness. It's like a vicious cycle of self-destruction.

Intense workouts and the stress of maintaining such a demanding lifestyle takes a toll. The body is in a perpetual state of fight or flight, unable to recover properly.

Over time, this leads to adrenal fatigue, immune system suppression, and, ultimately, a shorter life span.

Bodybuilders often die younger than the average person, and it's no surprise why. The combination of drugs, poor nutrition, stress, and relentless physical strain is a recipe for disaster. We might admire their dedication and physique, but it's important to recognize the hidden costs.

So, next time you see a bodybuilder, remember the sacrifices they're making – and maybe rethink that admiration. There's a healthier way to achieve fitness and strength without putting your body through the wringer. Embrace balanced exercise, nutritious foods, and a lifestyle that promotes overall well-being. Your body will thank you, and you'll live to flex another day!

Exploring Different Types of Movement

Now, my number one recommendation for developing an amazing physique without destroying your body in the gym full-time is to find a physical activity you genuinely enjoy. Instead of dreading workouts, seek activities that bring you joy and make you feel like a kid again. Engage in play, preferably outdoors in nature, where you can move freely and stay grounded. Try different types of movement like yoga, dancing, leisurely sports like golf, rock climbing, or swimming. Explore until you find an activity that reignites your sense of wonder and joy.

Rediscovering that childlike enthusiasm for movement can transform your fitness routine from a chore into a pleasure. When you engage in activities that you truly

enjoy, your body responds more positively, reducing stress and enhancing overall well-being. Outdoor activities, in particular, offer the added benefits of fresh air, sunlight, and connection with nature, which further improve mental and physical health.

If you already have a beloved sport or activity, fantastic! You've likely already gained muscle and fitness from it. However, if you're still seeking to enhance your muscle mass, incorporating weightlifting can be a strategic addition. Weightlifting can help you target specific muscle groups, build strength, and sculpt your physique further. The key is to balance enjoyment with effective physical activity, ensuring long-term sustainability and overall well-being.

Don't laugh, but here are some off-the-top-of-my-head examples of easy activities that get you moving. My personal favorite? Walking. I absolutely love walking and romanticize the experience in my head. I get so excited because I see it as my time to meditate and visualize my goals. I'm practically giddy thinking about all the things I'm going to achieve or just letting my mind rest. Other times, I'm indoors walking and binge-watching a show, which keeps me crazy lean.

My ultimate pleasure is scrolling through TikTok, watching supermodels on catwalks—it raises my vibration and gives me the same energy and confidence that they exude. You're literally strutting your way to a defined face and abs. When I finally get sick of walking after a month or two, I switch it up by hopping on a bike and cycling. It's another fantastic way to stay active without overburdening your body. The trick is to find activities that entertain and engage you. Maybe you'll discover joy in yoga, fall in love with leisurely swimming, or even take up light

gardening. The key is to mix it up and keep it fun, so you stay motivated and excited about your physical activity.

- Yoga: Promotes flexibility, strength, and relaxation.
- Tai Chi: Gentle martial art focusing on slow, deliberate movements.
- Walking: Especially in nature, provides mild cardiovascular benefits and mental relaxation.
- Leisurely Cycling: Low-impact exercise that allows you to enjoy the scenery.
- Swimming: Offers full-body exercise without high-intensity stress.
- Golf: Combines walking with moderate physical activity.
- Pilates: Focuses on core strength, flexibility, and controlled movements.
- Gardening: Engages the body in a relaxing, productive manner.
- Stretching: Helps maintain flexibility and reduce muscle tension.
- Light Hiking: Enjoyable way to explore nature at a comfortable pace.
- Fishing: Provides relaxation and mild physical activity.
- Bird Watching: Combines walking with nature observation.
- Canoeing/Kayaking: Gentle water activity with a low-intensity workout.
- Bowling: Fun, social activity with moderate physical exertion.
- Archery: Requires focus and moderate physical effort.
- Stand-Up Paddle-boarding: Calm water activity with a focus on balance.
- Mild Aerobics: Low-impact routines designed to be easy on the heart.
- Slow Dancing: Combines social interaction with light physical activity.
- Horseback Riding: Gentle on the body while providing a workout.
- Housework: Light cleaning tasks that involve physical movement.

- Stretching Exercises: Regular stretching to maintain flexibility and relax muscles.
- Board Games: Engage the mind while incorporating occasional movement.
- Light Resistance Band Exercises: Gentle strength training without heavy exertion.
- Cultural Dancing: Light and enjoyable movements to traditional music.
- Tai Chi Sword: A variation of Tai Chi with slow, flowing movements.
- Qigong: Ancient Chinese practice focusing on slow movements and breathing.
- Beach combing: Walking along the beach, searching for shells and enjoying the view.
- Nature Photography: Combines walking with the creativity of capturing natural scenes.
- Playing Musical Instruments: Physical activity with a focus on fine motor skills.
- Flying a Kite: Fun outdoor activity that involves gentle movement.
- Leisure Swimming: Slow, relaxed swimming strokes.
- Light Rowing: Easy rowing sessions on calm waters.
- Indoor Climbing: Gentle climbing routes suitable for beginners.
- Shuffleboard: Low-impact game played at a leisurely pace.
- Frisbee: Casual games with friends or family.
- Croquet: Enjoyable lawn game that encourages mild movement.
- Light Gardening Tasks: Weeding, planting, and pruning.
- Meditation Walks: Slow, mindful walking to clear the mind.
- Flower Arranging: Creative and soothing activity.
- Strolling with Pets: Easy walks with your dog or other pets.

- Tai Chi Fan: Incorporating a fan into Tai Chi for slow, rhythmic movements.
- Aqua Aerobics: Gentle exercises in water.
- Light Stretch Bands: Exercises with minimal resistance.
- Softball: Casual, low-intensity games.
- Bocce Ball: Fun, light physical activity with friends.

Mastering the basics

When it comes to building muscle, there's one crucial concept you need to focus on: the mind-muscle connection. You may have heard of it before, but it's so important that it bears repeating. This connection is the number one thing you need to prioritize during your workouts.

The mind-muscle connection is about feeling your muscles intensely and deeply as you exercise. It's the feedback loop where your muscles communicate with you, letting you know they are being engaged and how fatigued they are. This awareness helps ensure you're working the muscle effectively, leading to better growth and strength over time.

Now, it's important to note that the smaller the muscle, the weaker the mind-muscle connection might be at first, especially if you're new to working out. But don't let this discourage you. With consistent effort, you can literally feel this connection improve day by day. As the microfibers in your muscles heal and become stronger, your ability to engage them will also grow.

This progress can be incredibly motivating. Each workout becomes an opportunity to deepen this connection, to feel your muscles responding more effectively. Over time, this heightened awareness will help you maximize each rep and set, ensuring that every moment you spend in the gym is as productive as possible.

Building muscle isn't just about lifting heavier weights; it's about lifting smarter. By focusing on the mind-muscle connection, you ensure that your form and technique are on point, reducing the risk of injury and increasing the effectiveness of your workouts. This approach helps you build muscle more efficiently, making your journey towards a stronger, more defined physique both rewarding and sustainable.

So, remember, every time you hit the gym, prioritize feeling your muscles intensely. Tune into your body's signals, embrace the feedback, and watch as your connection strengthens, and your muscles grow. With dedication and mindful practice, you'll not only see the results but also feel the incredible power of a well-developed mind-muscle connection.

Which split is for you?

The five-day split is the go-to regimen for anyone seeking significant muscle growth. I embarked on this journey, determined to transform myself dramatically within a year and a half. And, I succeeded. Having reached my goals, I've now transitioned to a more manageable three-day or even two-day split, depending on my mood and energy levels.

The reason for this shift is simple: once you develop a superior mind-muscle connection, you can target your muscles with precision, making fewer gym days highly effective. This approach allows me to maintain my muscle mass efficiently without overextending myself. By fully engaging my muscles during these fewer sessions, I ensure that each workout is both impactful and sustainable.

Now, let's talk about the elephant in the room: stress. Yes, some stress is beneficial. It builds endurance, makes you stronger, and prevents muscle atrophy. But, let's not kid ourselves, the majority of gym culture is about overdoing it. It's like people think more is always better. They're just piling on unnecessary wear and tear. Remember our slow heart rate friends, the turtles and the elephants? They live longer. Meanwhile, those fast-heartbeat creatures, like hummingbirds, barely get a chance to catch their breath before they're gone.

So, here's my advice: don't overdo the workouts and put yourself through absolute agony and stress. It should still be a pleasant experience. And for heaven's sake, stay away from those life-shortening, heart-pounding pre-workouts. You know, the ones that make your heart race like you've just seen a ghost and come with a side of migraine-inducing music blasting in your ears. A sensible, balanced approach to exercise not only keeps you looking good but also helps you age gracefully.

So, let's keep it pleasant, effective, and sustainable. Your body will thank you, and you'll still be rocking those muscles without feeling like you've aged a decade every time you leave the gym.

Two day Lifting Split

Day 1: *Upper Body*

1. Bench Press (Chest) - 2 sets to failure + drop set
2. Overhead Press (Shoulders) - 2 sets to failure + drop set
3. Pull-Ups or Lat Pulldowns (Back) - 2 sets to failure + drop set
4. Barbell Rows (Back) - 2 sets to failure + drop set
5. Bicep Curls (Biceps) - 2 sets to failure + drop set
6. Tricep Dips or Skull Crushers (Triceps) - 2 sets to failure + drop set
7. Face Pulls (Rear Delts) - 2 sets to failure + drop set
8. Plank (Abs) - Hold to failure + drop set (reduce plank position difficulty)

Day 2: *Lower Body*

1. Squats (Quads) - 2 sets to failure + drop set
2. Romanian Deadlifts (Hamstrings) - 2 sets to failure + drop set
3. Leg Press (Quads, Hamstrings) - 2 sets to failure + drop set
4. Leg Curls (Hamstrings) - 2 sets to failure + drop set
5. Calf Raises (Calves) - 2 sets to failure + drop set
6. Hip Thrusts (Glutes) - 2 sets to failure + drop set
7. Hanging Leg Raises (Abs) - 2 sets to failure + drop set

Three day Lifting Split

Day 1: Legs *+ Abs*

1. Squats - 2 sets to failure + drop set
2. Leg Press - 2 sets to failure + drop set
3. Romanian Deadlifts - 2 sets to failure + drop set
4. Leg Curls - 2 sets to failure + drop set
5. Calf Raises - 2 sets to failure + drop set
6. Hanging Leg Raises (Abs) - 2 sets to failure + drop set

Day 2: Push *(Chest, Shoulders, Triceps) + Abs*

1. Bench Press - 2 sets to failure + drop set
2. Overhead Press - 2 sets to failure + drop set
3. Incline Dumbbell Press - 2 sets to failure + drop set
4. Lateral Raises - 2 sets to failure + drop set
5. Tricep Dips or Skull Crushers - 2 sets to failure + drop set
6. Plank (Abs) - Hold to failure + drop set (reduce plank position difficulty)

Day 3: Pull *(Back, Biceps, Rear Delts) + Abs*

1. Pull-Ups or Lat Pulldowns - 2 sets to failure + drop set
2. Barbell Rows - 2 sets to failure + drop set
3. Face Pulls - 2 sets to failure + drop set
4. Bicep Curls - 2 sets to failure + drop set

5. Hammer Curls - 2 sets to failure + drop set
6. Russian Twists (Abs) - 2 sets to failure + drop set

Four day Lifting Split

Monday: PUSH *(Chest, Shoulders, Quads, Calves, Abs)*

1. Dumbbell Chest Press - 2 sets to failure + drop set
2. Dumbbell Shoulder Press - 2 sets to failure + drop set
3. Leg Extension (Quads) - 2 sets to failure + drop set
4. Calf Raises - 2 sets to failure + drop set
5. Hanging Ab Raises (Abs) - 5 sets to failure

Tuesday: PULL *(Back, Biceps, Glutes, Hamstrings)*

1. Pull-Ups (Back) - 2 sets to failure + drop set
2. Barbell Rows - 2 sets to failure + drop set
3. Bicep Curls - 2 sets to failure + drop set
4. Hip Thrust (Glutes) - 2 sets to failure + drop set
5. Hamstring Curl - 2 sets to failure + drop set

Thursday: PUSH *(Chest, Shoulders, Quads, Calves, Abs)*

1. Incline Dumbbell Press (Chest) - 2 sets to failure + drop set
2. Cable Lateral Raises (Shoulders) - 2 sets to failure + drop set
3. Squats (Quads) - 2 sets to failure + drop set
4. Seated Calf Raises - 2 sets to failure + drop set

5. Hanging Ab Raises (Abs) - 5 sets to failure

Friday: PUSH *(Back, Biceps, Glutes, Hamstrings)*

1. Lat Pulldown - 2 sets to failure + drop set
2. Hammer Curls (Biceps) - 2 sets to failure + drop set
3. Romanian Deadlift (Glutes, Hamstrings) - 2 sets to failure + drop set
4. Cable Rows (Back) - 2 sets to failure + drop set
5. Good Mornings (Hamstrings) - 2 sets to failure + drop set

Five day Lifting Split

Monday: (PUSH) *Quads, Tibialis, Shoulders, Chest, Triceps*

1. Dumbbell Shoulder Press - 2 sets to failure + drop set
2. Leg Extension - 2 sets to failure + drop set
3. Dumbbell Chest Press - 2 sets to failure + drop set
4. Cable Lateral Raises - 2 sets to failure + drop set
5. Rope Pushdown (Triceps) - 2 sets to failure + drop set

Tuesday: (PULL) *Back, Biceps, Rear Delts*

1. Cable Rear Delt Pull - 2 sets to failure + drop set
2. Lat Pulldown - 2 sets to failure + drop set
3. Barbell Rows - 2 sets to failure + drop set
4. Hammer Curls (Biceps) - 2 sets to failure + drop set

5. Face Pulls (Rear Delts) - 2 sets to failure + drop set
6. Hanging ab raises – 5 sets to failure

Wednesday: (LEGS) *Quads, Hamstrings, Calves, Glutes*

1. Leg Press (Quads) - 2 sets to failure + drop set
2. Hamstring Curl - 2 sets to failure + drop set
3. Calf Raises - 2 sets to failure + drop set
4. Hip Thrust (Glutes) - 2 sets to failure + drop set
5. Tibialis Raises - 2 sets to failure + drop set

Thursday: (PUSH) *Chest, Shoulders, Triceps*

1. Chest Fly - 2 sets to failure + drop set
2. Dumbbell Shoulder Press - 2 sets to failure + drop set
3. Tricep Dips - 2 sets to failure + drop set
4. Incline Dumbbell Press (Chest) - 2 sets to failure + drop set
5. Skull Crushers (Triceps) - 2 sets to failure + drop set
6. Hanging ab raises – 5 sets to failure

Friday: (PULL) *Glutes, Hamstrings, Back, Biceps, Rear Delts, Calves*

1. Hip Thrust (Glutes) - 2 sets to failure + drop set
2. RDL (Romanian Deadlift) - 2 sets to failure + drop set

3. Pull-Ups (Back) - 2 sets to failure + drop set
4. Bicep Curls - 2 sets to failure + drop set
5. Cable Rear Delt Fly - 2 sets to failure + drop set
6. Seated Calf Raises - 2 sets to failure + drop set

Explore different machines and workouts to find what you enjoy the most and what gives you the best muscle activation. You don’t have to follow my routine exactly, but I’m sharing the exercises I find most effective and enjoyable. Use this as a framework to develop your own personalized workout split.

Experimenting with various exercises can help you discover what works best for your body and goals. For instance, if you enjoy using free weights more than machines, incorporate more dumbbell and barbell exercises into your routine. If you prefer machines for their guided movements and safety, focus on those.

Additionally, pay attention to how your muscles feel during and after each workout. The exercises that provide the greatest activation and leave you feeling accomplished are the ones you should prioritize. Remember, the key to a successful workout plan is consistency and enjoyment. If you like what you're doing, you're more likely to stick with it.

So, take my workout suggestions as a starting point. Try them out, see how your body responds, and don't hesitate to modify and personalize them to better suit your preferences and fitness level. This way, you can create a workout split that not only delivers results but also keeps you motivated and engaged.

Workouts To Spot Reduce Fat

The idea of targeting fat loss from specific areas through exercise is a persistent myth. The answer is simple: spot reduction, the concept of losing fat in a specific area by exercising that part of the body, doesn't exist. Workouts are designed to grow and strengthen muscles, not shrink fat in isolated areas. The only way to reduce fat in a specific region is by reducing overall body fat.

Fat loss occurs when you create a caloric deficit, meaning you burn more calories than you consume. This causes your body to utilize stored fat for energy, leading to a reduction in overall body fat. However, the order in which fat is lost from various parts of the body is largely determined by your genetics. Some people may lose fat from their abdomen first, while others may find that this is the last area where fat reduction occurs.

The most effective workout for promoting fat loss is cardio, with walking being a particularly accessible and effective option. Cardio exercises, such as walking, running, cycling, and swimming, increase your heart rate and help you burn calories. When combined with a balanced diet and strength training, cardio can significantly contribute to overall fat loss.

Strength training is also crucial because it helps build muscle mass, which can increase your resting metabolic rate, allowing you to burn more calories even when you're not exercising. This combination of cardio and strength training, along with a healthy diet, is the most effective way to lose fat and improve your overall fitness.

In summary, if you want to reduce fat in a specific area, focus on losing fat overall through a combination of cardio, strength training, and a balanced diet. Remember that patience and consistency are key, as your body will shed fat according to its own unique pattern.

CHAPTER 7

Endocrine Disrupters: How they Make Us Fat, Sick, And Infertile

If you thought that steering clear of non-meat foods was your ticket to health, think again. Sure, you might have dodged one bullet, but there's a whole barrage waiting just around the corner. Even if you've managed to sort out your diet, there could still be lingering metabolic issues, health concerns, maybe even something as serious as PCOS or cancer. But here's the kicker: your environment could be just as much of a culprit as your diet. Enter the world of endocrine disruptors, the invisible saboteurs lurking in the most unsuspecting places. Once you start unraveling the truth, you'll find yourself plummeting down a rabbit hole of disbelief.

It's hard not to feel a sense of betrayal when you discover how these toxic substances, found in everything from air fresheners to makeup, are wreaking havoc on our health. They're not just annoying; they're downright dangerous, linked to birth defects and a slew of other illnesses. It's a chilling thought, isn't it? The very products we use to make our homes smell like a breezy ocean or to enhance our appearance could be silently assaulting our well-being. But fear not, for I'm here to guide you through this minefield. Together, we'll navigate away from these cancer-causing chemicals and ensure that you can live a life free from their insidious grasp. It's a daunting journey, but with the right knowledge and precautions, we can shield ourselves from these hidden dangers. In her book, Fasting like a Girl, Dr Mindy Pelz says the following.

Toxins make you fat. Seriously, they do. So much so that a new category of fat-inducing chemicals has been given its own name—obesogens. When your body gets an influx of these chemicals it doesn’t know how to break them down, so it stores them as fat. Yes, fat. The stuff we’re all trying to lose. But hold on, don’t start cursing your love handles just yet.

Remember that the next time you look in the mirror and villainize the stubborn weight that won't go away; rethink the purpose of that fat. It's not there to stress you out. Your body literally didn't know how to break down the chemicals in your food, so it placed them in your fat stores so that they wouldn't harm the organs that keep you alive. It's a brilliant system your body has created for your long-term survival. Your fat is like a superhero sidekick, protecting you from the dastardly toxins.

Now, you might be wondering, "What chemicals are these nefarious obesogens?" The list is long, but here are the five worst offenders that are probably plotting against your waistline right now:

1. BPA Plastics: You know those plastic containers you love? Yeah, they love you back… by making you gain weight. BPA is notorious for messing with your hormones.
2. Phthalates: Found in everything from your shower curtain to your shampoo, these sneaky chemicals can disrupt your metabolism and lead to weight gain.
3. Atrazine: This herbicide is common in drinking water and has been linked to obesity. Maybe next time skip the tap water and go for something filtered.
4. Organotins: Used in pesticides and PVC plastics, these bad boys are not only fattening but also damaging to your endocrine system.
5. Perfluorooctanoic Acid (PFOA): Found in non-stick cookware and some food packaging, PFOA is the sneaky villain that sticks around in your body and environment for a long time.

Although the chemicals on this list are abundant in our foods, water, beauty products, cleaning products, cookware, and even our clothing, you now have the

knowledge to start avoiding them. Remember, your body is doing its best to keep you safe from these modern-day toxins. So, next time you see that stubborn belly fat, give it a little pat and say, “Thanks for keeping me alive, buddy.”

Common obesogens found in food include monosodium glutamate (MSG) and soy protein isolates. Yes, you read that right. These two sneaky saboteurs are commonly found in weight-loss shakes. It's like hiring a fox to guard the henhouse! Much like a flood of insulin blocks receptor sites on the outside of your cells, so do obesogens. They, too, block the hormonal receptor sites, making it impossible for your hormones to enter your cells to do their job. Imagine your hormones as diligent little workers showing up for a busy day at the office, only to find the doors locked and the windows barred. They can’t get in, and as a result, everything from thyroid hormones to insulin is left out in the cold. This can dramatically blunt everything, leading to more weight gain, fatigue, and erratic mental health. It's like trying to run a marathon with your shoelaces tied together.

Detoxing these chemicals out of your body can be the answer to a variety of health challenges, including weight-loss resistance, thyroid problems, and autoimmune conditions. Picture it: your hormones finally gaining access to their offices, getting back to work, and you feeling like a million bucks.

When you stop to read the ingredients of many prepackaged diet foods, you'll see that they are laden with chemicals. Don't be fooled by the marketing of these foods. Fancy words like “all natural,” “low calorie,” or even “keto friendly” can be grossly misleading; foods labeled as such might be filled with obesogens. It's like discovering that the beautiful, shiny apple you've been eyeing is actually made of wax. So next time you’re shopping, put on your detective hat, scrutinize those ingredient lists, and dodge those tricky obesogens!

Understanding Endocrine Disrupters

Endocrine disruptors are chemicals that can interfere with the endocrine (or hormonal) system in your body. Think of your endocrine system as a complex network of messengers and signals that regulate everything from your metabolism to your growth, mood, and reproductive health. It's like the body's communication headquarters, ensuring that everything runs smoothly and on schedule.

However, when endocrine disruptors enter the scene, they act like sneaky hackers breaking into a secure network. These chemicals can mimic or block natural hormones, causing chaos and confusion. Here’s how they pull off their nefarious deeds:

1. Mimicking Hormones: Some endocrine disruptors look so similar to your body's natural hormones that they can bind to the same receptors. It’s like a bad actor convincing everyone they’re the real deal. This false signaling can lead to overproduction or underproduction of hormones, disrupting normal bodily functions.

2. Blocking Hormones: Other disruptors act like stubborn bouncers, blocking natural hormones from binding to their receptors. It’s like changing the locks on the doors to your hormone's offices. This prevents the hormones from delivering their messages, causing a breakdown in communication.

3. Altering Hormone Levels: Some disruptors can increase or decrease the production of hormones, messing with the delicate balance your body needs to function properly. Imagine your hormone factory suddenly going into overdrive or shutting down production altogether.

These hormonal hijackers can lead to a variety of health issues, including:

- Reproductive Problems: They can affect fertility, sexual development, and menstrual cycles.
- Developmental Issues: Exposure during critical growth periods (like in the womb or during puberty) can lead to long-term health problems.
- Metabolic Changes: They can contribute to obesity, diabetes, and other metabolic disorders.
- Cancers: Endocrine disruptors are linked to hormone-related cancers like breast, prostate, and thyroid cancer.
- Neurological Effects: They can impact brain development and function, leading to cognitive and behavioral issues.

Endocrine disruptors are found in many everyday products, including plastics (like BPA), pesticides (such as atrazine), personal care items (containing phthalates), and even in some foods. By being mindful of what we use and consume, we can reduce our exposure to these chemicals and help protect our hormonal health.

In our modern world, we are surrounded by a plethora of products designed to make our lives easier and more enjoyable. But here's the kicker: lurking within these conveniences are hidden dangers known as endocrine disruptors. These insidious chemicals can interfere with our hormonal systems, leading to a range of

health issues, including cancer and other diseases. It's like inviting a charming guest into your home, only to find out they're secretly a supervillain plotting your downfall.

Endocrine disruptors are the ultimate party crashers, messing with our hormones like uninvited guests who won't leave. And who are the most affected by these unwelcome visitors? Young people! As new products become cheaper and made more poorly, they're stuffed with more toxins than ever before. It's like the universe decided to throw a toxic rave and forgot to invite anyone over the age of 30.

Picture this: you're a teenager or young adult, navigating life with the latest gadgets, trendy clothes, and must-have beauty products. Little do you know, these very items are laced with endocrine disruptors. Your favorite plastic water bottle? It's leaking BPA into your system. That fast food wrapper? Coated with perfluorooctanoic acid (PFOA). Your stylish vinyl shower curtain? Packed with phthalates. It's like a toxic Avengers team, but instead of saving the world, they're ganging up on your health.

These chemicals are like ninjas, sneaking into your body and wreaking havoc. They block hormonal receptor sites, making it impossible for your hormones to do their job. It's like sending your hormones to work only to find their office is now a night club with bouncers at the door. No entry means no productivity, and the result? Weight gain, fatigue, and erratic mental health. It's the ultimate office drama, and your body is the unlucky employer.

What's worse, the more we're surrounded by these poorly made, toxin-laden products, the more we're at risk. And let's face it, the younger generation is the prime target. Companies churn out cheaper, flashier products at breakneck speeds, all while cutting corners. The result? A surge in cancers and other health issues among young people. It's like playing dodgeball, but the balls are invisible and coming at you from every direction.

Detoxing from these chemicals is crucial. Think of it as sending your hormones on a well-deserved vacation, where they can finally relax and recharge. But it starts with awareness. Next time you reach for that flashy new product, channel your inner Sherlock Holmes. Scrutinize the labels, research the materials, and avoid those pesky endocrine disruptors like the plague.

Endocrine disruptors are chemicals that mimic, block, or interfere with the body's natural hormones. They can disrupt the endocrine system, which regulates growth, development, metabolism, reproduction, and mood. The consequences of this disruption can be severe, leading to developmental, reproductive, neurological, and immune problems.

Sources of Endocrine Disruptors

Before I list off the different sources of endocrine disruptors, I need you to get the first one in your head: **POLYESTER CLOTHING**. Yes, that stylish outfit you just bought is literally hot garbage that's been melted down by chemicals and turned into cancer clothes. The second big one is non- stick cooking material, which might traumatize you a little. Now, imagine this: you just got your fancy

new Nike or Lululemon polyester clothing set. You wear it to the gym, and as you sweat and your pores open up, you're absorbing all those chemicals in the fabric straight into your bloodstream. It's like paying for a VIP ticket to a toxin parade.

Clothing

Here’s a fun (and horrifying) fact: Did you know that most of the estrogenic chemicals in workout pants are concentrated in the crotch region? Yep, right where you want them least. It’s like your polyester leggings have decided to deliver a special package of infertility straight to your most sensitive areas. Thanks, modern fashion!

Now, if you think that's bad, let's go back in time for a moment. Even the Bible has references to only wearing cotton or linen. Those ancient folks were onto something. Fabric has a unique vibration of its own, and wearing high-vibration fabrics like cotton or linen can actually be healthier for you. These natural materials allow your skin to breathe, unlike polyester, which traps everything in and makes you smelly and sweaty. It's like wrapping yourself in a chemical sauna. Yuck!

So next time you're shopping for workout gear or just a comfy outfit, think twice about reaching for that polyester blend. Opt for natural fabrics instead. Your skin (and future fertility) will thank you. Plus, you’ll avoid smelling like a science experiment gone wrong. Let's keep our wardrobes toxin-free and fabulous!

Endocrine disruptors are found in a variety of everyday products, many of which we use without a second thought:Cosmetics and Personal Care Products: Makeup,

creams, perfumes, shampoos, and toothpaste often contain phthalates, parabens, and triclosan, all known endocrine disruptors.Household Products: Cleaning sprays, air fresheners, and plastic containers can release harmful chemicals into our homes.Cooking Utensils: Non-stick cookware and plastic dishes may contain perfluorinated chemicals (PFCs) and bisphenol A (BPA), respectively.Clothing: Polyester and other synthetic fabrics can release chemicals that disrupt hormonal balance.Agricultural Chemicals: Pesticides and herbicides used in farming can contaminate our food and water supply.

Endocrine disruptors are found in a variety of everyday products, many of which we use without a second thought. These sneaky saboteurs are everywhere, ready to mess with our hormones and health. Here's a rundown of where these pesky chemicals are hiding and how they might be affecting you, all with a dash of humor to make the bitter pill easier to swallow.

Cosmetics and Personal Care Products

Endocrine Disruptors in Makeup: The Hidden Horrors in Your Beauty Routine. Your daily beauty routine might be doing more harm than good. Makeup, creams, perfumes, shampoos, and toothpaste often contain phthalates, parabens, and triclosan—all known endocrine disruptors. It's like a hormonal horror show every time you get ready in the morning. Imagine your lipstick whispering, "I'm going to mess with your hormones today," while your shampoo plots to disrupt your thyroid function. Scary, right? But it gets worse. Let's dive into some alarming statistics and facts about these sneaky saboteurs.

Phthalates: The Plasticizers of Peril

Phthalates are used in everything from fragrances to nail polish to help them last longer. But these plasticizers come with a dark side. Studies have shown that phthalates can disrupt the endocrine system, leading to reproductive issues and developmental problems. Here's a jaw-dropping statistic: a study by the Centers for Disease Control and Prevention (CDC) found that phthalates are present in the bodies of nearly 97% of Americans. So, every time you spritz on that perfume or paint your nails, you're adding to a not-so-glamorous collection of chemicals in your body.

Parabens: The Preservatives from Hell

Parabens are commonly used as preservatives in cosmetics and personal care products. While they keep your products from spoiling, they also mimic estrogen in the body, potentially leading to breast cancer and reproductive issues. According to a 2004 study, parabens were found in the breast tissue of 19 out of 20 women with breast cancer. That's right, your seemingly innocent moisturizer might be playing a role in a real-life horror story.

Triclosan: The Antibacterial Assassin

Triclosan is found in many antibacterial soaps, toothpastes, and deodorants. While it might keep your breath fresh and your armpits from smelling, it also interferes with thyroid hormones and can contribute to antibiotic resistance. In 2016, the FDA banned triclosan from hand sanitizers, but it's still lurking in other products. A study published in the journal Environmental Science & Technology found

triclosan in 75% of Americans' urine samples. That's a whole lot of endocrine disruption going on!

The Makeup Menace: Alarming Statistics

The Environmental Working Group (EWG) conducted a study that revealed some eye-opening facts about cosmetics:

- 1 in 8 of the 82,000 ingredients used in personal care products are industrial chemicals.
- Over 10,000 ingredients have not been tested for safety.
- Women use an average of 12 personal care products daily, exposing them to 168 different chemicals.

Now, imagine combining all these products—lipstick, foundation, shampoo, perfume—each containing its own cocktail of endocrine disruptors. It's like mixing a potion that's designed to wreak havoc on your hormones.
These endocrine disruptors are like tiny agents of chaos, mimicking or blocking our natural hormones and leading to a range of health issues, including:

- Reproductive Problems: From infertility to birth defects, these chemicals can seriously mess with your ability to have a family.
- Developmental Issues: Exposure during critical growth periods (like in the womb or during puberty) can lead to long-term health problems.
- Cancers: Some disruptors are linked to hormone-related cancers like breast, prostate, and thyroid cancer.

- Metabolic Changes: They can contribute to obesity, diabetes, and other metabolic disorders.

How to Detox Your Beauty Routine

Detoxing from these chemicals can be the answer to a variety of health challenges. Here are some tips to help you keep those pesky disruptors at bay:

1. Choose Natural Beauty Products: Look for cosmetics and personal care products that are free from phthalates, parabens, and triclosan. Your skin will thank you, and so will your hormones.
2. Read Labels Carefully: Become a label detective. If you can't pronounce an ingredient, it might be best to avoid it.
3. Go Fragrance-Free: Synthetic fragrances are often loaded with phthalates. Opt for fragrance-free or naturally scented products.
4. DIY Beauty: Consider making your own beauty products using natural ingredients. It can be fun and gives you full control over what goes on your skin.
5. Support Clean Beauty Brands: Many brands are now committed to creating safer, non-toxic products. Do some research and support these brands.

Household Products

The Scary Truth About Endocrine Disruptors in Household Products and Cooking Utensils. Let's dive into some truly alarming details about the everyday items lurking in your home that could be acting as endocrine disruptors. Brace yourself, because this is about to get spooky.

Cleaning Sprays

That fresh scent you love after a good cleaning spree? It might be hiding a dark secret. Many cleaning sprays contain chemicals like phthalates and triclosan. Phthalates, often used to make fragrances last longer, can mess with your hormone levels and are linked to reproductive issues and birth defects. Triclosan, an antibacterial agent, can disrupt thyroid function and contribute to antibiotic resistance. A study found that 75% of people tested had triclosan in their urine.

Air Fresheners

Those lovely air fresheners that mask unpleasant odors are doing more than just making your home smell good. They're often packed with phthalates and volatile organic compounds (VOCs). Long-term exposure to these chemicals can lead to hormonal imbalances, respiratory issues, and even cancer. According to the National Institute of Environmental Health Sciences, regular use of air fresheners can increase the risk of asthma by 30-50%.

Plastic Containers

We use plastic containers for everything from storing leftovers to packing lunch, but they can leach harmful chemicals like BPA and phthalates into your food. BPA mimics estrogen and can lead to hormonal disruptions, obesity, and cancer. Studies show that 93% of Americans have BPA in their bodies. Switching to glass or stainless steel can help reduce exposure. Plastic dishes and utensils can contain

BPA and other harmful chemicals. When exposed to heat (like in the microwave or dishwasher), these chemicals can leach into your food. BPA exposure is associated with an increased risk of cardiovascular disease, diabetes, and cancer. The Centers for Disease Control and Prevention (CDC) found detectable levels of BPA in 93% of urine samples from people aged six and older in the United States.

The Plastic Paradox: A Tale of Invention and Caution

Plastic is everywhere. It's in our kitchens, our bathrooms, our wardrobes, and even our food. But here's a startling fact: the very people who invented and mass-produced plastic have been said to have strict rules about not allowing it in their homes. Yes, the masterminds behind this ubiquitous material are well aware of its dangers and prefer to keep it far from their daily lives.

Why? Because plastic is so bad for us. It’s like a sneaky villain hiding in plain sight, causing harm without us even realizing it. Plastic contains a host of harmful chemicals, including endocrine disruptors like BPA and phthalates, which can interfere with our hormonal systems. These chemicals have been linked to a range of health issues, including reproductive problems, developmental delays, and even cancer.

Take BPA, for example. This chemical is used in the production of polycarbonate plastics and epoxy resins, and it can leach into food and beverages from containers made with BPA. Studies have shown that BPA exposure can lead to a variety of health problems, including obesity, diabetes, and cardiovascular disease. Phthalates, on the other hand, are used to make plastics more flexible and can be

found in everything from vinyl flooring to personal care products. These chemicals have been linked to hormonal imbalances, birth defects, and reduced fertility.

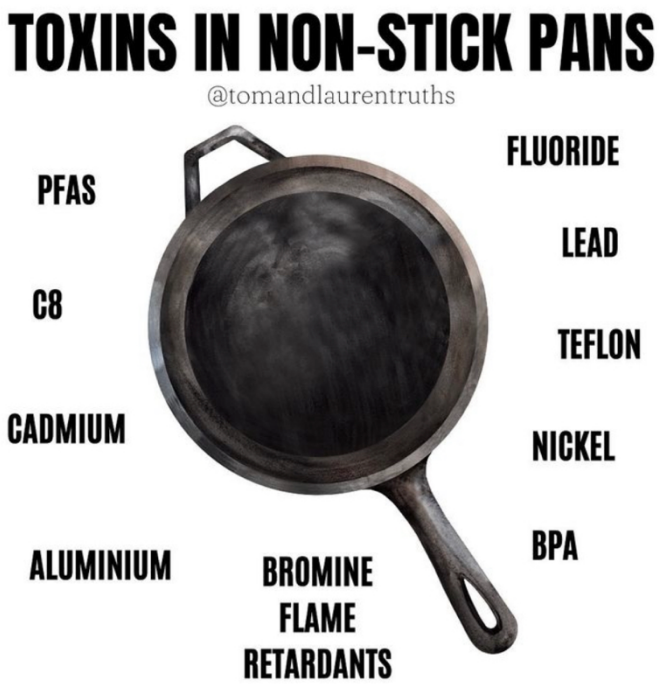
The irony here is almost poetic. The inventors of plastic, aware of its potential dangers, choose to live plastic-free as much as possible. They understand the risks of chronic exposure to plastic and its additives, which is why they take such precautions. It's a classic case of "do as I say, not as I do."

Even more alarming is how deeply embedded plastic is in our daily lives. From the plastic containers we store our food in to the plastic bottles we drink from, and the plastic wraps we use, it's almost impossible to avoid. And it's not just the containers. Microplastics, tiny particles of plastic, have been found in our food, water, and even the air we breathe. A study by the Environmental Science & Technology journal estimated that humans might ingest between 39,000 to 52,000 microplastic particles a year. That’s like having a sprinkle of plastic with every meal!

The people who invented plastic have clearly understood something we need to take more seriously: plastic is not just an environmental issue but a significant health hazard. If the very creators of this material avoid it like the plague, maybe it’s time we all reconsider our relationship with plastic.

So, the next time you reach for that plastic water bottle or wrap your sandwich in plastic wrap, remember the paradox of plastic. If the inventors won’t allow it in their homes, maybe we should all think twice about letting it into ours. Your health—and the planet—will thank you.

Cooking Utensils: The Hidden Culprits



Non-stick pans are convenient, but they often contain perfluorinated chemicals (PFCs). PFCs can release toxic fumes when heated, and long-term exposure is linked to liver damage, thyroid disease, and decreased fertility. A study by the Environmental Working Group found that 99% of Americans have PFCs in their blood. Yikes!

To give you an idea of just how toxic these chemicals are, consider this personal account:

“My mother had Teflon pans 20 or so years ago, and all three of my parakeets died in a matter of a few years. They were in cages in the kitchen. I saw on Hollywood Squares that cooking with Teflon pans can cause fatal fumes for birds. Insanity. All the executives who knew about this should be in jail right now.”

This harrowing experience highlights the dangers lurking in seemingly harmless household items. The toxic fumes released from Teflon pans can be fatal to birds, and the impact on humans is equally alarming.

The Betrayal of Endocrine Disruptors: A Story of Corporate Negligence
FOR YEARS, DUPONT'S EMPLOYEES WORKING WITH THE CHEMICAL TEFLON, 3M, AND CB, USED IN NON-STICK PANS, WERE GIVING BIRTH TO CHILDREN WITH SEVERE DEFORMITIES. Cases included infants born with half a nose, one nostril, and a detached retina. This wasn't just a freak accident; it was a clear and horrifying pattern of neglect and betrayal.

DuPont, instead of taking responsibility, had the audacity to blame its employees for these tragedies. Imagine that! The very people exposed to these dangerous chemicals, trying to make a living, were blamed for the devastating birth defects of their children. All the while, DuPont knew about the dangers of these harsh chemicals. They've been studying them since the 1960s! They knew, and yet they continued to allow their employees and their families to suffer.

This wasn't just ignorance or a simple oversight. This was a calculated decision to prioritize profit over human life. DuPont, 3M, and other corporate giants betrayed the trust of their employees and the public. They continued to produce and sell these toxic products, knowing full well the severe health risks they posed.

Endocrine disruptors like those found in Teflon and other non-stick pans are not just minor irritants. They are life-altering, dangerous chemicals that can lead to severe health issues, including cancer, reproductive problems, and developmental deformities. The fact that these companies had the information and chose to ignore it is beyond reprehensible.

Every time we use these products, we are reminded of the betrayal. We trusted these companies to provide safe, useful products, and instead, they delivered poison. They traded our health and our lives for their bottom line. It's high time we hold them accountable for their actions and demand safer alternatives. Our health and the health of future generations depend on it.

Our homes are supposed to be our safe havens, but these everyday products are turning them into hazardous zones. The good news? You can take steps to reduce your exposure:

- Switch to natural cleaning products: Look for products free of phthalates and triclosan.
- Ditch the air fresheners: Opt for natural alternatives like essential oils.
- Use glass or stainless-steel containers: Say goodbye to plastic.
- Choose cast iron or stainless-steel cookware: Avoid non-stick pans.

- Be cautious with plastic dishes: Use ceramic or glass alternatives, especially for hot food.

By making these small changes, you can help protect yourself and your family from the harmful effects of endocrine disruptors. Remember, knowledge is power, and now you're armed with the information to make healthier choices. Stay safe and keep your home toxin-free!

Agricultural Chemicals

Finally, let's not forget about the food we eat. Pesticides and herbicides used in farming can contaminate our food and water supply. Your fresh salad might come with a side of endocrine disruptors, courtesy of the agricultural chemicals used to grow it. It's like getting a free (and unwanted) bonus with every meal. Yum!

Roundup

One of the most widely used herbicides in the world, Roundup contains glyphosate, a chemical that has been linked to numerous health issues. Studies have shown that glyphosate can act as an endocrine disruptor, interfering with the normal functioning of hormones. According to a study published in *Environmental Health Perspectives*, exposure to glyphosate has been associated with an increased risk of non-Hodgkin lymphoma, a type of cancer. Additionally, glyphosate exposure has been linked to liver and kidney damage. In fact, the International Agency for Research on Cancer (IARC) classified glyphosate as "probably carcinogenic to humans" in 2015.

Atrazine

This herbicide is another common contaminant found in our food and water. Atrazine has been shown to disrupt the endocrine system, affecting reproductive health and development. Studies have linked atrazine exposure to an increased risk of breast and prostate cancer. Research published in *Environmental Health Perspectives* found that atrazine exposure could lead to birth defects and low birth weight in newborns. The Environmental Protection Agency (EPA) has reported that atrazine is found in approximately 94% of the drinking water tested in the United States, making it nearly impossible to avoid.

- Hormonal Disruptions: Both Roundup and atrazine can interfere with hormone production and regulation, leading to reproductive issues, developmental problems, and an increased risk of hormone-related cancers.
- Cancer Risk: Glyphosate has been linked to non-Hodgkin lymphoma, while atrazine is associated with breast and prostate cancer.
- Birth Defects: Atrazine exposure has been linked to birth defects and low birth weight, posing significant risks to pregnant women and their unborn children.
- Widespread Contamination: Glyphosate and atrazine are found in a significant portion of our food and water supply. A 2019 study by the U.S. Geological Survey found glyphosate in over 70% of rainwater samples, and the EPA reported atrazine in 94% of drinking water tested.

This is why the carnivore diet is the best. When you follow a carnivore diet, you don’t need to worry about consuming disgusting pesticides. Even if you peel off the skin of fruits and vegetables, the chemicals can penetrate the food, making

washing them insufficient to remove all contaminants. By focusing on animal-based foods, you avoid many of these endocrine disruptors, reducing your exposure to harmful chemicals and protecting your health.

So, next time you sit down for a meal, remember the hidden dangers lurking in your food. Make informed choices and consider the benefits of a cleaner diet free from the pervasive toxins that threaten your well-being. Your body will thank you.

Health Impacts

The health impacts of endocrine disruptors can be far-reaching:Cancer: These chemicals have been linked to various cancers, including breast, prostate, and thyroid cancer.Reproductive Issues: They can cause fertility problems, menstrual irregularities, and developmental disorders in children.Metabolic Disorders: Endocrine disruptors can contribute to obesity, diabetes, and other metabolic diseases.Neurological Problems: Exposure can affect brain development and lead to behavioral and cognitive issues.

Reducing Exposure

While it may seem daunting, there are steps we can take to minimize our exposure to endocrine disruptors:Choose Natural Products: Opt for cosmetics and personal care products that are free from harmful chemicals.Go Organic: Whenever possible, eat organic food to reduce exposure to agricultural chemicals.Use Glass and Stainless Steel: Replace plastic containers and cookware with safer alternatives.Ventilate Your Home: Regularly air out your living spaces to reduce the buildup of indoor pollutants.Read Labels: Be informed about what's in the products you use and choose safer alternatives.

CHAPTER 8

The Path to Unrecognizable Beauty: Becoming the Ten You're Meant to be

Getting a Lean Face 101

Attaining a lean face is a dream shared by almost everyone on the planet. Just look at the top models and celebrities known for their beauty—they all have those stunning, lean faces. Why do lean faces look so good, you ask? It’s because they often come with a great bone structure. Visible bone structure subconsciously signals that someone was raised in healthy, abundant circumstances and has good genes.

Most of us have pretty impressive bone structures hidden beneath inflammation, water weight, and extra facial fat. The key to unveiling that is not just diet, but also strong facial muscles. Our ancestors had lean, attractive faces primarily because they ate a lot of meat, promoting proper bone structure growth. They didn't consume junk food or even certain vegetables that can hinder facial bone growth or cause inflammation. Remember: unhealthy often equals unattractive. Their diet allowed them to chew on meat, ensuring strong bone development.

Here’s the exciting part: you can always improve your look and work with your existing facial structure, especially with the tips I’m about to share. Follow these steps, and I promise you’ll look so good that you might start considering a modeling contract.

Get ready for a transformation! With the right habits and nutrition, you can reveal the lean, attractive face that's just waiting to come out. It's time to unlock your true potential and embrace the confident, stunning version of yourself. Let's get started—your future self will thank you!

1. **You have to lose the weight**

First things first. You're never going to see that bone structure if your body fat is higher than it should be. Some people have the genetics where they can carry a high body fat percentage without showing it in their face. Others, like myself and most people, have faces that hold onto fat even when the rest of the body is relatively lean. That extra volume can ruin the aesthetic harmony of your face.

If you have some weight to lose, don't worry—getting to your ideal weight is entirely within your reach with the carnivore diet. The proper human diet diet is designed to help you shed pounds of fat easily while maintaining your muscle as that's the way we've been designed.. Pair it with a one meal a day (OMAD) eating schedule, and you'll be stripping off fat like it's your full-time job.

Listen, it's tough love time. You can't expect to reveal a sharp, attractive bone structure if you're carrying excess facial fat. The lean face you want is there, waiting under the surface. Stick to the guidelines I'm providing, commit to the carnivore diet, and follow the OMAD routine. Before you know it, you'll be on your way to a leaner, more defined face.

As you get leaner and drop body fat, your face will naturally become much leaner. It's like watching a sculptor reveal a masterpiece hidden in a block of marble! For physical exercise, walking will be your best friend. Sure, we covered workouts in the previous chapter, but when it comes to fast weight loss that will show up on your face, walking is the way to go.

Let’s talk about dramatic results. You know, the kind that makes you look in the mirror and say, “Who’s that stunning person staring back at me?” For that, you need to aim for 20,000 steps a day—that’s 10 miles, folks. Yes, you heard it right, 10 miles! It sounds like a lot, but think of it as an adventure.

If you’re not used to walking that much, don’t panic. Start with 5,000 steps and work your way up. Consider it your personal journey to awesomeness. Remember, fast results are motivating results. When you see those cheekbones starting to pop and that jawline becoming more defined, you’ll be motivated to keep going.

Here’s a tip: Get yourself a good pair of walking shoes and maybe a fun podcast or some energizing music. Before you know it, those steps will fly by. You’ll be out there, not just walking, but strutting, like you’re on the runway of life.

This is my absolute favorite way of morphing my face that works like no other! During my walks, I combine physical exercise with a powerful manifestation technique that engages my mind. Walking for long periods can get a bit dull, so here's a game-changing tip: invest in a walking pad or a self-weight incline treadmill. They're surprisingly affordable and worth every penny.

Here’s what I do: I prop up my iPad or phone and start watching super motivating edits of beautiful models and people with chiseled, angelic, god-like faces. I immerse myself in these videos for an hour or two, getting completely pumped up by their stunning beauty. I keep their images in my mind’s eye, visualizing myself with that same incredible facial structure.

After a while of seeing these gorgeous faces, you get so amped up and motivated. Since you're on the treadmill, essentially walking your way to that beautiful face, you start to feel this intuitive assurance that you'll soon look just like them. Day by day, step by step, you feel yourself getting closer to your goal. The excitement and happiness build because you practically have a guarantee that you're on the path to achieving your dream face.

The feeling I had when I finally woke up to see the lean, chiseled face of my dreams in the mirror was indescribable. I saw cheekbones I didn't know existed, a slimmer nose free from inflammation, and a snatched face that made me feel ready to step onto a Victoria's Secret runway. It was an exhilarating, empowering moment, and I can't wait for you to experience it yourself.

Get ready to be blown away by how soon it happens. Don't forget to take plenty of "before" photos because you'll need them when you transform into an unrecognizable, goddess-like creature. Embrace the journey, stay motivated, and keep that vision alive. You're on your way to achieving a face that reflects your inner beauty and strength.

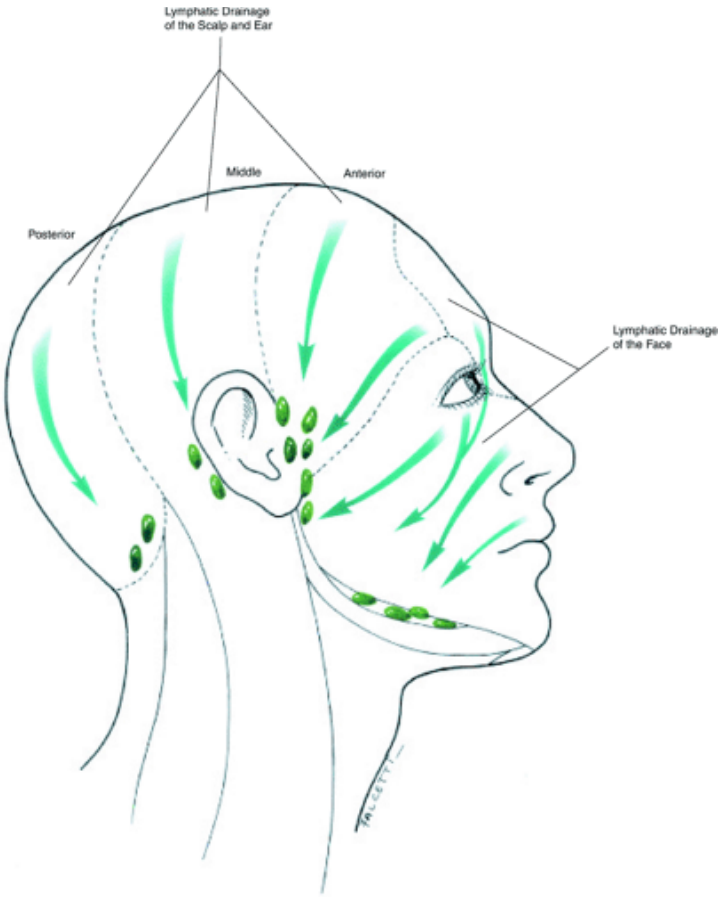
2. **Guashas work**

I never really thought gua shas worked. I mean, seriously, rubbing a rock on your face to slim it out? It sounded like one of those gimmicky beauty trends. But then, my dad, who had apparently gotten tired of hearing me complain about my chubby cheeks, gifted me one. So, I thought, why the hell not, and started using it every night before bed.

To my absolute shock, I could literally see a difference within DAYS. At first, I thought I must be hallucinating or under some kind of placebo effect. But then, being the curious (and skeptical) person I am, I decided to dive into the science behind it. And guess what? It actually made perfect sense! You can use your fingers and knuckles as well, but I like to use my hands and qua sha to get the maximum benefit.

Here's the deal: our faces have these drainage systems called lymphatic pathways where excess water is supposed to flush out. But sometimes, these systems get clogged or lazy, and the fluid just hangs around, making our faces puffy. Enter the gua sha, the humble facial massage tool. By using it, you help guide that stuck fluid out of your face, encouraging lymphatic drainage. Not only that, but it also boosts facial blood flow, keeping your skin tight and toned.

So, there I was, skeptically rubbing a rock on my face, and bam! My cheeks started looking slimmer, my jawline more defined. It's like my face got a mini workout without me breaking a sweat. I went from doubting to being a full-fledged gua sha enthusiast in no time.
Turns out, my dad's random gift wasn't so random after all—it was a game changer! So, if you're still on the fence about it, give it a try. You might just end up as surprised as I was, with a leaner, more defined face to show for it. And don't forget to thank your lymphatic system for finally getting its act together!



The main drainage points you want to focus on are next to your ear, under your jaw, and beside your nostrils. These are key areas where lymphatic fluid can accumulate and need encouragement to move along. Here's how to do it: Start from the side of your nostril, drag your gua sha tool or fingers back towards your ear, and then move straight down your neck. This motion helps guide the fluid towards the main lymph nodes in your neck, aiding in proper drainage. You can sometimes even feel the liquid draining, which might make you swallow as it moves down. It's essential to use a good moisturizer to reduce friction on your skin. I personally use balms based on beef tallow as a moisturizer. They provide the perfect glide and nourish the skin simultaneously.

Dedicate about five minutes to each side of your face. To make the time pass more enjoyably, I like to watch something while I do it. This makes the process feel less like a chore and more like a self-care ritual. Trust me, incorporating this routine into your daily life can make a significant difference in how your face looks and feels. It’s a simple yet effective way to enhance your facial aesthetics and promote a healthy, glowing complexion.

3. **Cut out the salt**

Salt was a real eye-opener for me. I already covered this in the chapter about diet, but it’s especially relevant here. You often hear health and fitness gurus urging you not to be afraid of salt, to use it liberally because it’s supposedly essential. I bought into this for a while, refusing to believe that salt could be bad for me. I couldn't understand why I always woke up with a puffy face whenever I salted heavily, especially since all the carnivore doctors and health experts insisted it was beneficial.

Well, guess what? Salt is just a piece of rock. Most of it is sodium chloride, and the actual sodium our bodies need is found in—wait for it—red meat. That’s right, meat already contains enough sodium for our needs, making additional salting completely unnecessary. Think about it: our ancestors didn’t carry salt shakers around with them or live near salt lakes to get their daily sodium fix. They got all the sodium they needed from the meat they ate.

It's well-known that salt causes water retention, so when I finally ditched the extra salt, I saw a huge difference in how slim my face looked. The puffiness

disappeared, and my features became more defined. This simple change made a significant impact on my appearance.

The only time I'd recommend using salt is during a fast when you're not eating. In such cases, a little salt under the tongue can curb appetite and keep you energized. But otherwise, if you're eating a meat-based diet, you're already getting all the sodium you need naturally.

So, for anyone struggling with a puffy face or unnecessary water retention, reconsider your salt intake. Just by cutting back on salt and relying on the sodium already present in meat, you can make a noticeable difference in your facial appearance. Trust me, going back to eating like our ancestors and ditching the salt can be a game-changer in your journey to a leaner, more defined face.

4. **Jaw muscles**

You've probably heard that chewing gum will give you a fantastic jawline, that if you chew for hours on end, you'll end up with a snatched face and lose face fat. Well, I hate to break it to you, but that's as believable as a unicorn delivering your Amazon packages. Chewing gum only grows the jaw muscle; it has no connection to burning face fat. Face fat is correlated to overall body fat, so unless you're planning to lose weight everywhere by chewing gum (spoiler: you can't), this method is pretty useless.

Let's get real here. Your jawline is primarily bone, not muscle. The masseter muscle is that bit right under your ear, often below your cheekbone. That's the area you want to be chiseled and hollow for that sunken-in, model-esque look. Jaw

muscle exercises might make sense for guys with a long ramus bone—the vertical one under your ear—that fills out their face, giving it a square, chiseled look. But as a female, you want this muscle to stay pretty small. Some people even get masseter Botox to shrink and atrophy this muscle!

So, in reality, you want to use this muscle as little as possible. The less chewing and jaw clenching you do, the better. That's why OMAD (one meal a day) is golden for getting the best-looking face possible. You eat your one meal, and then you're done with chewing for the rest of the day.

Remember, your jaw wasn't designed to be constantly chewing, which is why so many people suffer from TMJ. It's simply because you're working the muscle too hard, and your tendon can't keep up with the workload.

Fun fact: models aren’t allowed to chew gum for this exact reason. And they’re literally paid for how good their faces look! So take a cue from the pros. Skip the gum, embrace OMAD, and give your jaw the rest it deserves. You’ll be on your way to that sleek, V-shaped jawline in no time.

When it comes to guys, if the ramus (the vertical part of the lower jaw) is long, well-developed jaw muscles can enhance their appearance, giving them a strong and rugged look. However, for women, a long ramus can make the face appear wider, which isn’t typically desired. Instead, a V-shaped face is more sought after for women as it looks more feminine and aesthetically pleasing.

The jaw muscles are essentially slabs of muscle on the side of your face that can make the lower half of your face look wider or narrower. These muscles don’t contribute much to the actual bone structure of your jawline or to the sharpness of its appearance.

For men, strong jaw muscles can enhance a masculine, chiseled look. But for women, a softer, more tapered jawline is often preferred. The focus is on achieving a balance that accentuates femininity and grace.

5. **Posture**

Did you know that the muscle between your neck is actually connected to your mandible muscle through the TMJ joint? Yep, it's all interconnected! If you fix those neck muscles, you'll be on your way to improving your facial structure,

particularly your jaw joint. So, if you’re slouching like a couch potato, it's affecting your facial profile more than you think.

Bad posture can mess with your face big time. It can make your jaw dislocate, leading to facial asymmetry, a crooked nose, uneven eyes, and all sorts of delightful surprises. Gravity loves bad posture—it pulls everything down, making those asymmetries even more noticeable.

But fear not! There’s a solution. Exercises that promote proper back alignment and centered neck posture are your best friends. These exercises help maintain balance and enhance facial symmetry over time. Think of it as setting up a strong, straight frame for a beautiful painting (your face).

Here's the deal: while these exercises are indirect, they have a long-term impact on facial symmetry by keeping your posture in check. Remember, a straight frame (your posture) means a more balanced and symmetrical masterpiece (your face).

For minor issues, home methods and exercises can help preserve improvements and perform mild upkeep. But if you’re dealing with major imbalances, you might need to consider advanced treatments. Just like you wouldn’t use a tiny brush to repaint an entire house, sometimes you need bigger tools for bigger jobs. So, sit up straight, align that neck, and start working on that posture. Your future, more symmetrical self will thank you!

Absolutely! Here are some exercises that promote proper back alignment and help improve posture:

1. Chin Tucks
   - Sit or stand with your back straight.
   - Gently tuck your chin towards your chest, creating a double chin.
   - Hold for 5 seconds and then relax.
   - Repeat 10 times. This exercise helps strengthen the muscles in your neck and upper back.

2. Shoulder Blade Squeeze
   - Sit or stand with your back straight.
   - Squeeze your shoulder blades together as if you're trying to hold a pencil between them.
   - Hold for 5 seconds and then relax.
   - Repeat 10 times. This helps strengthen the muscles between your shoulder blades and improve your upper back posture.

3. Wall Angels
   - Stand with your back against a wall, feet about 6 inches away from it.
   - Press your lower back, upper back, and head against the wall.
   - Raise your arms to form a “W” shape with your elbows bent.
   - Slowly raise your arms to form a “Y” shape, then lower them back to the “W” position.
   - Repeat 10 times. This exercise helps improve shoulder mobility and strengthen the upper back muscles.

4. Cat-Cow Stretch
   - Start on your hands and knees in a tabletop position.

- Inhale, arch your back and lift your head and tailbone towards the ceiling (Cow position).
- Exhale, round your back and tuck your chin towards your chest (Cat position).
- Repeat for 10 breaths. This helps improve spine flexibility and relieve tension.

5. Bridge
- Lie on your back with your knees bent and feet flat on the floor.
- Lift your hips towards the ceiling, squeezing your glutes and engaging your core.
- Hold for 5 seconds and then lower your hips back down.
- Repeat 10 times. This exercise strengthens the lower back, glutes, and core muscles.

6. Plank
- Start in a push-up position with your arms straight and hands directly under your shoulders.
- Engage your core and keep your body in a straight line from head to heels.
- Hold for 30 seconds to 1 minute.
- This exercise strengthens the entire core, including the muscles that support your spine.

7. Child's Pose
- Start on your hands and knees.
- Sit back onto your heels and stretch your arms forward, lowering your chest towards the floor.
- Hold for 30 seconds to 1 minute.
- This stretch helps elongate the spine and relieve tension in the lower back.

Incorporating these exercises into your daily routine can significantly improve your posture and back alignment. Remember, consistency is key, and combining these exercises with good posture habits throughout the day will yield the best results. Keep at it, and your body (and face) will thank you!

6. **Don’t chug back water**

You’ve probably been told to chug water all day, guzzle a few liters, or even knock back a couple of gallons daily because it’ll flush out all your fluid and give you clear skin, right? Well, that’s about as true as a chocolate teapot being practical. The fact that you have to force yourself to drink water and set constant reminders on your phone is downright hilarious. Seriously, if you’re scheduling sips, something’s off!

Here’s the scoop: Just drink when you’re thirsty and trust your instincts. Your body knows what it needs better than any app or guru. In fact, forcing yourself to constantly drink water can actually deplete your electrolytes and throw them off balance. If you’re active, you’ll naturally get thirstier because your body is signaling that it needs to replace fluids. It’s as simple as listening to your body.

Now, here’s the kicker. It might seem strange, but a puffy face, swollen hands, and feet can actually be indicators that you’re drinking too much water. Yep, all that swelling is due to an electrolyte imbalance, which is a key symptom of over hydration. Your body is essentially drowning in all that water, and it shows.

So, if you're aiming for that lean, chiseled face, chugging water like a camel at an oasis might actually be working against you. The swelling from electrolyte imbalance can make your face look puffier, not leaner.

Here's a funny truth bomb: your body isn't a water balloon. You don't need to fill it to the brim every hour. Just think about our ancestors. Do you think they carried around a gallon jug of water? Absolutely not! They drank when they were thirsty, and guess what? They survived and thrived.

Shrink Your Nose

Now, if you're already in peak condition, eating healthy, and free of inflammation in your face, there's not much more you can do to transform your look. But if you're in the process of getting there—cutting carbs from your diet, clearing your skin with good nutrition—oh boy, can your nose change! When I was eating a low-calorie bodybuilder diet, I was lean, but my cheeks were still chubby and my face had that slight inflammation. My nose wasn't huge, but let's just say it had a little more character back then.

Now? My nose is practically a button compared to those days. The difference is so noticeable that I got some nose job accusations, which, honestly, felt pretty good. It's wild to look back at old photos and see just how much my face, and especially my nose, has transformed.

Here's a funny tidbit: people who go on Accutane, that hormone and health-wrecking drug I definitely don't recommend, often report their noses shrinking. It's

like an unintentional nose job. But trust me, there are much healthier ways to achieve that effect!

Back to our main point. When you reduce non carnivore foods and improve your diet, your body starts to shed excess water and inflammation, which can significantly slim down your face. This isn't just about losing weight; it's about losing the puffiness that hides your true bone structure.

Think about it: when you eat a lot of processed foods and sugars, your body holds onto water and inflammation like it's preparing for a drought in order to heal the damage caused by the foods. But when you switch to a proper human diet, your body lets go of that extra water and inflammation. The result? A more defined face, and yes, a seemingly smaller nose.

It's almost magical how this works. And let's be real, getting accusations of having had a nose job because your face looks so different is the ultimate compliment. It's a clear sign that your efforts are paying off.

So, if you're on this journey, keep at it. Your body and face will continue to transform as you nourish it with the right foods. And next time someone accuses you of having a nose job, just smile and say, "Thanks! It's all-natural."

Remember, transforming your diet is not just about losing weight; it's about revealing the real you beneath all that inflammation and puffiness. Stick with it, and soon you'll be marveling at your own before-and-after photos, wondering how you ever looked any different.

Let’s talk about why your skin freaks out with acne and how it ties into that puffy face and swollen nose. Acne is basically your skin’s SOS signal, shouting, "Hey, we’ve got inflammation here!" This inflammation often comes with extra puffiness, making everything look a bit larger and angrier. It’s like your skin is trying to defend itself against all the junk you eat, the chemicals you slather on, and even the stuff you breathe in. But let’s be real—most of it boils down to diet.

Enter Accutane, the infamous drug that puts a temporary stop to this natural healing process. Sure, it might shrink your nose because it suppresses inflammation, but at what cost? It’s like calling the fire department and asking them to stop the fire by flooding your house. Effective? Maybe. Ideal? Definitely not.

Here’s the kicker: when you fix the root cause—your diet—everything changes. By eating the diet I recommend, which is the proper human diet, you tackle the source of the inflammation. Your body stops needing to puff up in self-defense, and voila, your nose shrinks back to its regular size. No drugs, no drastic measures, just good food.

Acne rosacea is the precursor to a condition called rhinophyma. It starts with those annoying inflammatory breakouts of pimples. As it progresses, the skin on your nose thickens and the tip expands, making your nose look larger. Acne rosacea itself is characterized by excessive redness and widespread swelling. It often starts on the nose and then spreads to nearby areas like your cheeks. Your nose looks inflamed, and eventually, pimples pop up on top of the flushed skin.

So, what's the common-sense thing to do? Stop eating the foods that are causing all this inflammation in the first place! Ditch the processed junk, sugars, and chemicals. If you're curious about the specifics, check out the diet chapter. It's all there.

In the end, it's all about getting to the root of the problem. Fix your diet, reduce inflammation, and let your body heal itself naturally. You'll not only see a slimmer nose but also clearer skin and a healthier glow overall. It's a win-win situation! So, next time you're tempted by quick fixes like Accutane, remember that the real solution is much simpler—and tastier. Eat right, and let your body do its thing.

Thick Lashes and Brows

The appearance of your lashes and eyebrows significantly enhances your facial aesthetics. Thick brows and lashes are highly coveted because they subconsciously signal to others that we are healthy and well-nourished, resulting in lush facial hair. When I was vegan, I noticed that the ends of my brows became very light and thin, almost nonexistent, forcing me to draw them on every day, just like many women do nowadays. However, when I embraced a carnivore diet, my brows became much thicker and beautifully shaped. My eyelashes also thrived, becoming longer and more defined.

Long, defined eyelashes can transform your face, opening your eyes and creating a refreshed, bright appearance. Dark eyelashes accentuate the white of your eyes (the sclera) and the dark ring around your iris (the limbal ring), making your eyes stand out more vividly. Long lashes also draw attention to the movement around your eyes every time you blink and gaze, captivating the viewer's attention.

If you're striving for naturally thick brows and lashes, consider the impact of your diet. Embracing nutrient-rich, ancestral eating habits can lead to noticeable improvements in your overall health and appearance. By nourishing your body with the right foods, you can achieve those ideal, healthy-looking brows and lashes that make you feel confident and vibrant.

Alright, let's talk about a little extra boost for those of you who are already rocking the carnivore diet but are genetically cursed with short, stubby lashes or faint eyebrows. I've got a serum recommendation that might just change your life—or at least your lashes!

Now, I've tried Latisse and other pricey lash serums in the past, and let me tell you, they didn't do much for me. In fact, they gave me terrible dark circles and red eyes. I looked like I hadn't slept in weeks! Later, I discovered that these serums contain an ingredient called prostaglandin, which, brace yourself, melts the fat pad around your eyes. Yeah, you read that right. It's like giving your face a reverse facelift—not exactly the look we're going for.

But fear not! I finally found a serum that actually works without turning me into a raccoon. This miracle worker is called Terez and Honor. For the first time in my life, I had the long, luscious lashes of my dreams. Genetically, mine were never that long to begin with, but this serum made them look so unreal that even my own grandmother accused me of wearing fake lashes and lying about it. She couldn't believe they were real!

I noticed the difference in my brows first, within two weeks. And my lashes? They started looking amazing after about a month. The best part? Terez and Honor doesn't contain that nasty prostaglandin ingredient that melts the fat around your eyes. So, you can wave goodbye to dark circles and red eyes.

I've never recommended a product this strongly before, and I'm not being paid to say this. The appearance longer lashes give to my face and eyes is incredible. It's like an instant eye lift without the surgery.

So, if you want to take your look to the next level, give Terez and Honor a try. Your lashes will thank you, and you might just start getting accused of wearing falsies,

too. It’s a small price to pay for looking fabulous, right? Go ahead and bat those beautiful, long lashes with confidence!

Attaining Crystal Clear Skin Forever

Acne is often seen as a hallmark of Western lifestyle diseases, a stark warning sign that should not be ignored. It doesn't require a medical degree to observe skin afflicted by acne and connect it to potential underlying health issues. Instinctively, when we encounter someone with extensive acne, there's a subconscious alert that goes off, signaling potential illness—something that may repel us on a biological level, since we are naturally inclined to seek out signs of health in our social and reproductive circles.

This perception isn't just superficial; it reflects a deeper truth. Acne is virtually non-existent in nature and is absent among many indigenous populations globally. These groups lack the fancy skincare products prevalent in Western societies—not even basic soap, yet their skin remains remarkably clear. This clarity is attributed to their diets, which are free from the high sugars, starches, and various chemical additives rampant in our processed foods.

It’s a cautionary tale of how modern conveniences and dietary habits may be contributing not just to cosmetic issues but to broader health implications. This should serve as a wake-up call to reconsider what we consume and how we treat our bodies, as clear skin, free from acne, could very well be an indicator of overall health rather than just a skincare goal.

The Importance of Clear Skin

Clear skin is often heralded as the cornerstone of facial aesthetics and, by extension, overall beauty. This societal perception significantly impacts how individuals are treated in social, professional, and personal spheres. The pursuit of clear skin is not merely a superficial endeavor but a strategic one, offering tangible benefits across various areas of life.

First and foremost, clear skin enhances facial aesthetics. It provides a smooth canvas that highlights other facial features such as the eyes, lips, and bone structure, thereby amplifying an individual's natural beauty. In a visual world, this enhancement can significantly influence first impressions, which are often lasting. Studies have shown that individuals with clear skin are perceived as healthier, more attractive, and more trustworthy. These perceptions, whether conscious or subconscious, play a crucial role in shaping social interactions.

The benefits of clear skin extend beyond mere physical appearance. In social contexts, individuals with clear skin are often treated more favorably. This phenomenon, sometimes referred to as the "halo effect," implies that people attribute positive characteristics such as intelligence, success, and kindness to those who are aesthetically pleasing. Professionally, this can translate into better job prospects, promotions, and networking opportunities. Employers and colleagues often unconsciously associate clear skin with good health, diligence, and cleanliness, qualities highly valued in professional settings.

Looking good also confers psychological benefits. Clear skin can boost self-esteem and confidence, essential elements for mental and emotional well-being. Higher

self-confidence enhances one's willingness to participate in social activities, take risks, and assert oneself in personal and professional relationships. Conversely, skin issues can lead to self-consciousness, anxiety, and social withdrawal, affecting overall life satisfaction.

Despite the clear advantages of having pristine skin, achieving it is often portrayed as a complex, expensive process dominated by the skincare and pharmaceutical industries. These sectors frequently market products like hormone-disrupting medications and creams, which promise miraculous results, lead to long-term dependency and even exacerbate skin issues.

The reality is that clear skin can often be maintained with a simple, consistent skincare routine devoid of harmful chemicals. Basic steps such as cleansing, moisturizing with suitable products, and applying sunscreen can provide the foundation for healthy skin. Moreover, lifestyle choices play a significant role; a balanced diet, adequate hydration, regular exercise, and sufficient sleep are all critical.

It is essential to approach skincare with a critical mind, recognizing that many products are marketed to exploit insecurities rather than to offer genuine solutions. Natural and minimalistic skincare routines are not only often more sustainable but also less likely to cause harm or dependency over time.

The profits generated by misleading individuals about the true causes of acne are, frankly, unethical. The vast majority of acne cases are linked to dietary habits, yet many companies exploit this condition by promoting pharmaceutical solutions that can have severe long-term consequences. Products like Accutane or various forms

of birth control are pitched as quick fixes but may lead to irreversible health issues, including potential birth defects or significant alterations to one's biochemistry.

For those who have unfortunately experienced the adverse effects of these medications, adopting a diet that aligns with ancestral eating principles can be incredibly beneficial. This approach emphasizes natural foods and avoids processed carbohydrates and other modern dietary pitfalls that can aggravate the side effects of these drugs. By returning to a diet that our bodies are inherently designed to process, many people find that they can not only manage their acne more effectively but also mitigate some of the damage caused by these harsh medications.

Clear skin is more than just a beauty goal; it is a strategic asset in maximizing one’s potential and improving how one is treated in various life domains. While society often amplifies the importance of flawless skin, it is crucial to approach this goal with sensible skincare practices and healthy lifestyle choices rather than succumbing to the pressures of aggressive marketing by skincare companies. By doing so, individuals can maintain their skin health and enjoy the myriad benefits it brings to life without falling into the traps of harmful treatments or unsustainable beauty regimes.

Your Skin is a Reflection of Your Gut Microbiome

"I eat the same things as my friends, yet they have flawless skin while I struggle with acne. Doesn't this prove that acne is genetic?" This common question overlooks a crucial aspect of how our bodies process what we eat. Even if your

friends consume the same foods and appear unscathed, these substances may still be problematic. In the realm of acne, genetics don't cause the problem directly but rather influence how our bodies react to certain dietary triggers. Essentially, genetics can make some individuals more visibly reactive to dietary missteps than others.

The variation in skin responses can often be traced back to how our bodies handle what's perceived as toxins—those biologically inappropriate foods. Genetics play a role in determining the threshold of our resistance to these adverse effects. For instance, if your ancestors consumed a particular diet for generations that was less than ideal, you might have a slightly increased tolerance or resilience to its impacts, but this doesn't negate the fundamental issue.

The prevalence of acne, especially among teenagers, is commonly misattributed solely to hormonal changes that increase skin oiliness. This is a simplistic explanation that overlooks dietary influences. The truth is that teenagers are bombarded with hyper-processed foods—both in and out of school settings. These foods are aggressively marketed to them, and with generally less developed impulse control, teenagers are more likely to indulge in these detrimental eating habits.

Moreover, in countries where diets remain largely unprocessed and closer to their natural form, acne is virtually nonexistent. In these societies, the occurrence of acne is so rare that it can lead to social stigma and bullying, highlighting just how linked diet and acne really are. Thus, while genetics may dictate your skin's resilience to dietary abuses, the fundamental cause often lies in what and how much we consume. Moving towards a diet that minimizes processed foods and

emphasizes natural, whole foods can be a critical step in combating acne and promoting overall skin health.

The intimate relationship between our gut health and skin condition is an increasingly acknowledged concept within the realm of dermatology and nutrition. This connection, often referred to as the "gut-skin axis," is based on the understanding that the gut microbiome—a complex ecosystem of bacteria residing in our digestive tract—plays a crucial role in our overall health, including the health and appearance of our skin.

The gut microbiome is essential for digesting food, synthesizing nutrients, and regulating the immune system. When the balance of good and bad bacteria in the gut is disrupted, it can lead to "dysbiosis," a state linked to numerous health problems, including inflammatory skin conditions like acne, eczema, and psoriasis. This imbalance can cause inflammation both locally (in the gut) and systemically, as inflammatory markers can travel through the bloodstream to the skin.

A compromised gut barrier—often referred to as "leaky gut"—allows toxins and pathogens to enter the bloodstream, further promoting inflammation and manifesting as skin issues. Hence, the skin, the body's largest organ, becomes a telltale sign of our internal health, reflecting the state of our gut microbiome.

Diet plays a pivotal role in maintaining a healthy gut microbiome and, by extension, healthy skin. Foods that disrupt gut health tend to have a direct impact on skin condition. Conversely, diets rich in unprocessed animal products, known for their nutrient density, are particularly beneficial for both gut and skin health.

Animal products are rich in collagen, a protein that is critical for maintaining the skin’s elasticity and firmness. Collagen's role in skin health is well-documented; it helps to reduce wrinkles and increases skin hydration, which contributes to a youthful, vibrant appearance. Since collagen is only naturally found in animal tissue—particularly in connective tissues and bones—diets that include these elements can directly enhance skin health.

Consuming unprocessed animal products provides a range of nutrients that are vital for skin health, including high-quality protein, omega-3 fatty acids, vitamins (such as A, D, E, and K2), and minerals like zinc and selenium. These nutrients support the structural integrity of the skin and promote a healthy inflammatory response, which can mitigate skin issues and enhance skin appearance.

Moreover, diets focusing on unprocessed animal products often exclude high-carbohydrate foods, refined sugars, and processed foods, which are known to exacerbate inflammation and disrupt gut health. By eliminating these inflammatory agents, such diets may help in restoring gut balance, reducing systemic inflammation, and ultimately reflecting in healthier, more radiant skin.

Animal fats, particularly collagen, are celebrated not only for promoting acne-free skin but also for giving the skin a distinct glow. This beneficial effect arises because animal fats provide essential hydration and nourishment that the skin needs to maintain its health and appearance. More than just moisturizing, these fats possess anti-inflammatory properties that play a critical role in skin care.

When you incorporate animal fats into your diet, you're not just hydrating your skin; you're also engaging a natural anti-inflammatory agent that helps mitigate the

daily wear and tear on your body. This includes reducing inflammation caused by physical exertion, exposure to endocrine disruptors, and, notably, the consumption of inappropriate foods or excessive eating.

The anti-inflammatory effects of animal fats can significantly diminish the inflammation that often exacerbates skin conditions like acne. By calming inflammation, these fats help in maintaining smooth, clear, and radiant skin. This not only improves the skin's appearance but also enhances its ability to act as a barrier against environmental damage and stressors. Thus, incorporating healthy sources of animal fats into one's diet can be a key strategy for achieving and maintaining vibrant, glowing skin.

Keratosis Pilaris

After my severe cystic acne cleared up, I no longer had large pimples, but I still noticed numerous small bumps covering my forehead. These small, raised red bumps would become more prominent when I was hot or right after a shower. Initially, I was unsure what this condition was called and found misleading information online suggesting it was fungal acne, along with sponsored ads for

creams and medications. It was frustratingly convenient. However, I later came across a video of someone with the same condition, who mentioned that it worsened when he was flushed. This made me realize I had the same issue, which finally led me to the correct term to research.

To my shock, I found out that this skin condition is one of the most common among people these days. It’s astonishing (or maybe not so surprising) given how prevalent high-carb diets are today. Initially, I foolishly turned to Google to figure out what causes it and how to cure it. All the websites I found claimed it was genetic, with unknown causes, and conveniently recommended various creams as the solution.

Determined to find a better answer, I started researching the carnivore diet and keratosis pilaris. To my amazement, I found countless testimonials from people who said the diet cured their condition. Intrigued, I checked out what doctors like Ken Berry and Eric Berg had to say. Both agreed that the condition is caused by high insulin levels. This left me utterly confused—how could my insulin be high when I’m eating almost no carbs?

Then it dawned on me: the zero-calorie or low-calorie coffee drinks and occasional energy drinks I consumed could be the culprits. I had been adding stevia to these drinks, thinking it was fine since they’re zero-calorie and supposedly wouldn’t affect my insulin levels. But it wasn’t just the sweeteners causing the problem; the caffeine was also to blame.

Remember our previous discussion about coffee being essentially "poison bean juice"? That supposed boost of energy is actually your body’s way of screaming SOS−we’ve been poisoned, time to be on high alert! This response spikes your cortisol levels, which could be exacerbating my skin issues. The realization was both enlightening and alarming.

This causes an increase in cortisol levels in our body. Cortisol is a stress hormone which is a type of steroid or androgen and is responsible for causing breakout. I was drinking every low cal juice and coffee I could find and most were zero carb and sugar.

When I got rid of them cold Turkey, guess what. My skin was so smooth now that I looked like I got a skin transplant. Not only were the little bumps gone, but the redness on my cheeks also went away. No more heat rash looking blotches of acne on my face. And let me tell you s that no cream or drug you throw your money at that doesn’t even fix the root cause will permanently get rid of your skin problems before you fix it internally with diet.

This causes an increase in cortisol levels in our body. Cortisol is a stress hormone, a type of steroid or androgen, responsible for causing breakouts. I was drinking every low-calorie juice and coffee I could find, most of which were zero carb and sugar. When I quit them cold turkey, guess what? My skin became so smooth it looked like I had a skin transplant. Not only did the little bumps disappear, but the redness on my cheeks also vanished. No more heat rash-looking blotches of acne on my face. Let me tell you, no cream or drug that you throw your money at,

which doesn’ t even address the root cause, will permanently get rid of your skin problems. You need to fix it internally with diet first.

So, what should you eliminate from your diet? Some so-called experts online might suggest slowly removing one problematic food at a time to identify the culprit. That approach would take forever, and I assure you, anything that isn’t meat or an unprocessed animal product is likely contributing to your skin issues. It's like saying, “To recover from the poison you’re ingesting, don’t eliminate all of it—just cut back a little.” Instead, cut out all the poison at once. Make a clean break from anything that's not pure, unprocessed animal products. Your skin—and your overall health—will thank you for it.

When it comes to dairy and your skin, this is something you need to experiment with yourself. For some people, dairy can help heal eczema and other skin conditions, while for others, it can lead to breakouts. The sugar in milk can be problematic, especially if you consume a lot of it. It’s best avoided if you're aiming for weight loss since its primary purpose is to promote growth in young animals.

If you do choose to consume dairy, stick to raw options because pasteurized dairy is essentially sugar water, stripped of its beneficial bacteria. Personally, I avoid dairy because it tends to be addictive for me, and I find it hard to stop once I start. I also steer clear of cheese since it’s high in fat and I prefer to stay lean. Overindulging in cheese can easily lead to consuming too many calories.

Skin Care Products That Actually Work

So, which face products do I recommend? Let me give you a crucial insight first: many skincare products, particularly those from larger companies, are essentially traps. They are formulated to improve your skin’s appearance only temporarily, gradually degrading its health to ensure you remain a repeat customer. These companies often employ financial advisors specifically to slash production costs, allowing them to manufacture the products cheaply and then sell them at steep markups. Don't be fooled by these tactics.

1. **Beef tallow**

It’s nothing short of a betrayal, the way beef tallow—once a cornerstone of natural skincare—has been sidelined by modern cosmetic companies. These corporations, in their relentless pursuit of profit, have turned their backs on a time-honored, effective ingredient, replacing it with something far inferior: plant oils. But let's be clear, these aren't the wholesome, nurturing oils one might imagine. No, these are highly refined seed oils, initially engineered as machine lubricants, and now, in a twist of irony, they're being mass-produced and repackaged into our skincare products.

This switch is a glaring example of how these companies sell us short. They've prioritized their bottom lines over our skin’s health, pushing products filled with cheap, processed ingredients. These seed oils, while touted as 'natural' and 'beneficial', are far from what our skin truly needs—they lack the rich, complex nutrients that beef tallow provides. Instead, they offer a diluted version of care, often loaded with potential irritants and inflammatory properties that can actually harm more than help.

The greed driving this shift is palpable, and it's distressing to see such disregard for consumer well-being. They've taken what was once a direct from-nature solution and replaced it with a concocted substitute, all in the name of cost-cutting and profit maximization. Our skin, and our health, deserve better than to be treated as mere afterthoughts in these corporations' quest for increased margins. We must demand more than just the remnants of what was once considered industrial waste slathered onto our largest organ. We should be reaching for products that honor the natural, powerful benefits of ingredients like beef tallow, not just for the sake of tradition, but for genuine, effective skincare.

Beef tallow, the rendered form of fat from cattle, has a rich history as a valued cosmetic ingredient that spans across various cultures and eras. Its use as a skincare product can be traced back to ancient civilizations, where it was highly prized not just for its availability, but also for its exceptional properties as a moisturizer and protector of the skin.

In ancient Egypt, beef tallow was an integral part of cosmetic and medicinal practices. The Egyptians, known for their elaborate beauty routines, utilized tallow along with other animal fats as bases for their ointments that were applied to the skin for protection against the harsh, dry desert climate. These ointments were often infused with aromatic herbs and flowers to enhance their scent and therapeutic properties, making them not only protective but also luxurious.

In ancient Rome and Greece, tallow was similarly esteemed for its cosmetic benefits. Romans, in particular, used tallow in combination with plant extracts to create creams that softened the skin while providing a barrier against environmental elements. Roman soldiers were known to apply tallow to their skin

to protect against the cold and wet conditions they often faced. Greek athletes also used tallow-based salves both to massage their muscles and protect their skin from the sun and weather.

Among indigenous peoples around the world, including Native American tribes, tallow was a key ingredient in skin treatments. It was used not only as a simple moisturizer but also as a base for healing salves that included medicinal herbs. These salves were used to treat everything from windburn to insect bites to more serious skin infections.

During the Middle Ages in Europe, tallow continued to be a staple in both household and aristocratic settings for skin care. It was commonly used to make soaps and candles as well, demonstrating its versatile applications. In the cosmetic realm, tallow was often part of recipes for ointments and balms that were passed down through generations, used by both men and women to protect and nourish their skin.

In the Renaissance, the use of tallow started to become more refined. Recipes for skin care often included a variety of newly available exotic spices and botanicals imported from the East, blending with tallow to create creams and lotions for the elite classes. However, as the modern era approached, plant-based oils began to replace animal fats in popularity due to changing attitudes towards animal products and advancements in chemical extraction techniques
. Absolutely shocking—yet incredibly true! Beef tallow is not just good for your skin; it's phenomenal, a true miracle of nature! In the realm of skincare, nothing—absolutely nothing—compares to the healing prowess and nurturing potency of

beef tallow. We're talking about an ingredient that not only matches but exceeds every expectation for what a skincare product should do.

Imagine this: a product so aligned with your skin's natural biology that it absorbs seamlessly, enhancing hydration, elasticity, and overall health with every application. Beef tallow does that! Its fatty acid profile is so similar to human skin oils that it integrates effortlessly, without the clogged pores or greasy residue left by lesser, more industrial products.

And the nutrients! Oh, the nutrients! Vitamins A, D, E, and K in beef tallow are in abundance, all harmonizing in a symphony of skin rejuvenation that’s almost too good to be true. These vitamins are not your run-of-the-mill nutrients; they are robust, life-affirming, skin-transforming powerhouses that dive deep into your skin’s layers to work their magic.

Vitamin A is a cornerstone for skin health, known for its potent anti-aging properties. It accelerates cell turnover, helps to fade dark spots, and smooths fine lines, giving your skin a youthful glow that seems to defy age. Vitamin A also increases skin resilience, boosting its ability to combat environmental pollutants and sun damage.

Vitamin D plays a crucial role in skin tone and health. It’s often called the “sunshine vitamin” not just because it’s produced in the skin in response to sunlight, but because it brightens your skin’s appearance. Vitamin D contributes to skin cell growth, repair, and metabolism, optimizing the skin’s immune system and helping to destroy free radicals that can lead to premature aging.

Vitamin E is renowned for its antioxidant properties. It helps to protect the skin from oxidative stress caused by everyday exposure to pollutants and UV rays, which can lead to visible signs of aging. Vitamin E also provides intense hydration, supporting the skin’s lipid barrier and locking in moisture for a supple, dewy look.

Vitamin K is the unsung hero for skin health, essential for aiding the body's process of blood clotting, which helps to heal wounds, bruises, and areas affected by surgeries. The same properties also help to treat various skin conditions, such as stretch marks, spider veins, scars, dark spots, and stubborn circles under the eyes.

Together, these vitamins form a dynamic quartet that deeply nourishes and revitalizes the skin. They don’t just work on the surface; they penetrate the skin to improve its structure, enhance its function, and invigorate it at a cellular level. This infusion of essential vitamins helps to fortify the skin against the rigors of daily life, making it more robust and vibrant. The result is a complexion that not only looks healthier and more radiant but genuinely is stronger and more resilient from the inside out. This level of comprehensive care and rejuvenation is why beef tallow is not just beneficial but transformative for skin health.

The remarkable anti-inflammatory properties of CLA (Conjugated Linoleic Acid) found in beef tallow truly set it apart in the world of skincare. CLA is not just a common fatty acid; it’s a potent anti-inflammatory agent that can significantly reduce skin redness and irritation. This makes beef tallow a miraculous elixir for those with sensitive or inflamed skin, offering a gentle touch that calms as it heals.

The effects of CLA go beyond mere surface-level relief. It delves deep into the skin, targeting inflammation at its source. This helps to soothe conditions like

eczema, psoriasis, and other inflammatory skin disorders, providing relief where other creams and treatments fail to penetrate effectively. The nurturing properties of CLA can help restore the skin's natural barrier, enhancing its ability to retain moisture and protect itself from environmental stressors.

Moreover, the soothing capabilities of beef tallow and its CLA content aren't just beneficial for treating problematic skin conditions; they also play a crucial role in everyday skincare. The daily grind exposes our skin to a range of irritants—from pollution and to the harsh chemicals found in many commercial skincare products. Beef tallow acts like a soothing balm for the soul, enveloping your skin in a protective layer that mitigates these daily assaults, allowing your skin to heal and regenerate overnight.

And yet, in a world bombarded with synthetic concoctions and clever marketing, this marvel of nature is often overlooked. How can this be? How have we drifted so far from the pure, the pristine, the perfect solution provided by nature itself?

It's time to awaken to the truth and embrace the unparalleled benefits of beef tallow. For glowing, vibrant, healthy skin, nothing else even comes close to matching the effectiveness of this natural wonder.

My top pick for beef tallow skin products is Based Balm. On its own, beef tallow can have a distinctly beefy scent, but Based Balm masterfully infuses it with mango extract, giving it a delightfully pleasant aroma. What sets them apart even further is their commitment to quality; they source their tallow from grass-fed cows, an essential factor for those who prioritize sustainable and ethical ingredients. They even offer an exclusive range made from Wagyu cow fat, known

for its superior quality and nutrient density. Not only do their products last a long time, but they also offer great value for the price. This combination of thoughtful ingredient sourcing, skillful scent enhancement, and fair pricing makes Based Balm an outstanding choice in the realm of natural skincare.

2. **Face wash**

Most of the face washes you see in drug stores, on commercials, or plastered all over your favorite clueless beauty influencer's social media are completely useless and actually far more damaging. I don't care how popular the brand is, it's all nonsense and a total waste of your money. They're fooling you into thinking that there's some magical chemical ingredient that's going to clear up your skin. LIESSS.

First of all, acne comes from within. No amount of scrubbing your face is going to fix it. Anyone who says otherwise is selling you a lie. Second, let's talk about how toxic the ingredients in these face washes are. You put them on your face with warm water, which opens up your pores, and then these chemicals seep directly into your bloodstream. It's like giving the toxins an express ticket straight to your system!

The only reason you should wash your face is to get rid of the excess dead skin at the end of the day. And guess what? You don't need a fancy, expensive, chemical-laden face wash to do that. The only soap you should be using is beef tallow soap. Why? Because it's pure, natural, and effective.

Did you know that all soap used to be made from tallow? Yep, our ancestors knew what they were doing. They used animal fat mixed with an alkaline solution, and voila! You had soap that was great for your skin. But then, along came the industrial revolution, and companies realized it was cheaper to use vegetable oils. So, they swapped out the good stuff for cheap, mass-produced oils. Now we're left with soaps that are more toxic than the grime they're supposed to clean.

Beef tallow soap is a game-changer. It's gentle on your skin, moisturizing, and doesn't contain any of the harmful chemicals found in commercial soaps. If you're feeling crafty, you can even make your own! There's a simple recipe in the next part that will show you how to do it.
So, the moral of the story is this: ditch those overpriced, overhyped face washes that do more harm than good. Go back to basics with beef tallow soap. Your skin will thank you, and you'll save a ton of money in the process. Plus, you'll have the satisfaction of knowing you're using something that's actually good for you. So, grab that beef tallow, get ready to whip up some soap, and say goodbye to those toxic, useless face washes for good!

Alright, let's talk about the temperature of the water when you wash your face. You might think that warm water is all cozy and comforting, but when it comes to your skin, it's actually a sneaky little villain. Warm water strips your skin of its natural oils, leaving it drier than a desert. So, what's the solution? Cold water, my friends!

Here's the deal: using cold water to wash your face might seem like a chilly ordeal, but it's totally worth it. Warm water opens up your pores, making it easy for dirt and all those lovely chemicals from your fancy face wash to sneak in. It also strips

away the natural oils that keep your skin hydrated and happy. So, while it feels nice at the moment, you're actually doing your skin a disservice.

Cold water, on the other hand, is like a refreshing splash of awesomeness for your face. It helps tighten your pores, locking in the good stuff and keeping out the bad. Plus, it helps reduce puffiness and can even give your skin a nice, healthy glow. It's like giving your face a mini workout without all the sweat and tears.

Imagine your skin is like a sponge. Warm water makes it soft and squishy, allowing all sorts of junk to get absorbed. Cold water keeps it firm and resilient, so it only soaks up what it needs. And let's be real, who doesn't want firm and resilient skin?

So, next time you're about to wash your face, crank that tap to cold. Yes, it might be a bit of a shock at first, but your skin will thank you. It's a small price to pay for a healthier, more radiant complexion. Plus, it's a great way to wake yourself up in the morning—consider it a two-for-one deal!

3. **Shower Filter**

Upstream water treatment plants can indeed filter out many contaminants, yet there are still concerning levels of heavy metals like lead, chlorine, pesticides, fluoride, and micro plastics that may remain in our tap water. While you might notice your tap water tastes off, the water we use for bathing and showering could actually pose a greater risk to our health than the water we drink.

It’s true, when you drink water, your body has mechanisms to filter out some of the harmful substances, although this is far from ideal since these contaminants still enter your system. However, when you bathe or shower, the situation becomes even more concerning. Your skin, being highly absorbent, can take in contaminants such as chlorine at rates up to six times faster than by ingestion. This means that the harmful substances have a more direct route into your bloodstream, bypassing the internal filtration systems of your digestive tract.

It's deeply alarming—our tap water is contaminated with substances like painkillers, blood thinners, and chemotherapy drugs at levels previously unseen! Many of us simply turn on the tap, expecting safe water, yet recent findings reveal that our water contains a dangerous mix of chemicals. This includes PFAS, chemicals used in products like firefighting foam, which are infiltrating our water supplies. This is not just a minor issue; it's a massive public health crisis. The toxic cocktail in our tap water poses serious cancer risks, highlighting a critical need for immediate and effective action to safeguard our water quality.

PFAS chemicals, used in products like non-stick cookware, have been detected in 610 locations across the United States, affecting the drinking water of approximately 19 million people. It is estimated that these chemicals could contribute to over 100,000 cancer cases over an average lifetime of 70 years. In Parkersburg and throughout the Ohio River Valley, the situation is dire. Thousands of residents have been exposed to contaminated water. Initially, local authorities tested the water, promising to report back in a few weeks. However, just a few days later, residents received urgent calls advising them not to drink the water or use it for cooking under any circumstances due to alarmingly high contamination levels.

Your water is supposed to contain less than 40 parts per trillion of these chemicals, but ours showed a staggering 26,000 parts per trillion. This is an extraordinarily high level of contamination. Unlike many other chemicals that break down or decompose over time in your body or the environment, PFAS (Per- and Polyfluoroalkyl Substances) do not. Once PFAS are introduced into the environment, they remain there, virtually indestructible. So, if you're relying on tap water, you might want to reconsider because it could be alarmingly toxic.

On the surface, tap water might seem like a benign and almost free resource that the government provides to its citizens. However, when you consider the potential for such serious contamination, the reality is far less benevolent.

Each time you drink a glass of tap water, take a shower, wash your hands, or rinse your mouth, you're being exposed to a cocktail of highly toxic chemicals. These include PFAS, also known as forever chemicals, which do not break down and can accumulate in the human body indefinitely. These chemicals are pervasive; they are found in virtually everyone and are linked to increased rates of cancer and birth defects. An elderly former water plant employee revealed a troubling account of chemical contamination that highlights a critical public health issue. She noted that from 1951 to 2003, nearly 800 tons of a particular type of PFAS—often referred to as a "forever chemical" and found in her own blood—were discharged by manufacturers like DuPont. This ongoing issue has escalated into a national crisis.

As we continue to test and investigate, the prevalence of these contaminants becomes increasingly apparent. It's been uncovered that companies like DuPont and 3M were aware for over 70 years that they were polluting the water supply with these hazardous chemicals, yet chose not to inform the EPA, their neighbors,

their own employees, or the public. Their silence was maintained to protect their profits. The FDA was also aware of the issue, indicating a systemic failure to address and mitigate the risks associated with these chemicals. The situation regarding contamination from PFAS, or “forever chemicals,” reveals a startling lapse in oversight from various governmental bodies.

As early as the 1960s, the Department of Defense was aware of the issue. By the 1970s, the EPA had also become aware, yet despite decades of knowledge, the issue has not been addressed with the urgency it requires. Since the EPA does not mandate utilities to regularly test for these substances, the average American has no simple means of knowing if these chemicals are present in their drinking water or food.

Alarmingly, there has been no new standard for drinking water established in the United States since the 1990s—over 30 years ago. This oversight failure extends beyond just chemical pollutants. Drinking tap water today means potentially ingesting trace amounts of various pharmaceutical drugs, including hormones from birth control pills, which individuals excrete.

Wastewater treatment processes are unable to completely remove all contaminants, including pharmaceutical drugs that people excrete through urine and feces. As a result, active drugs can enter our waterways largely unchanged. Over recent years, the U.S. Geological Survey has conducted extensive water testing and discovered disturbing findings. Alarmingly, something in the water is disrupting the hormones of a vast majority of male smallmouth bass—85%, to be precise—as well as a quarter of male largemouth bass, causing them to develop female reproductive traits.

The moral of the story: you do NOT want this water touching your skin. Invest in a shower filter, a sink filter, and definitely avoid drinking it.

How to Get the Hair of You Dreams

1. **You guessed it**

I get so many questions about my hair, and I'm thrilled to share how you, too, can achieve strong, shiny, long, and healthy hair. First things first, you already know what I'm going to say: DIET! The carnivore diet is hands-down the best way to flood your body with bioavailable nutrients essential for luscious locks.

Hair is protein, so eat more protein—preferably red meat—and you'll be growing thick hair like a weed. Frizzy hair? That's often due to a biotin deficiency, and guess what? You get plenty of biotin from red meat. All the B vitamins, which are crucial for flourishing hair, are found in their most bioavailable form in meat.

Think of it this way: your hair is like a plant, and protein is the water and sunlight it needs to thrive. You wouldn't expect a cactus to bloom without the essentials, right? The same goes for your hair. Fill up on those juicy steaks, and watch your hair transform from a dry desert into a lush jungle.

So, to recap: for thick, shiny, and healthy hair, focus on your diet. Load up on red meat for all those vital B vitamins and biotin. Your hair will thank you, and you'll be strutting around with a mane that would make even Rapunzel jealous! Keep those steaks coming, and let your hair grow wild and free.

2. Washing

When it comes to washing your hair, there are a few tricks to ensure your luscious locks don't suffer any damage in the process. First and foremost, always use cold water. Now, I know, showering in cold water sounds about as fun as a polar bear plunge, but hear me out. You don't have to freeze your entire body; just wash your hair separately with cold water before or after you wash your body. It's a small sacrifice for glorious hair.

Here's why: warm water weakens your hair, leaves your pores wide open, and makes it super easy for your strands to dry out. Imagine steaming all the moisture out of your hair and stripping it of its natural oils—that's what warm water does. Cold water, on the other hand, helps to keep your hair strong, seals the cuticles, and locks in that much-needed moisture. Cold always!

Now, let's talk about the shower filter. If you haven't read the previous section about the harsh chemicals in tap water, go back and check it out. Trust me, you don't want that stuff anywhere near your precious hair. Installing a shower filter can make a world of difference.

I used to think my hair was naturally frizzy and just accepted it as my fate. Every time I'd get out of the shower and dry my hair, it would turn into a frizzy mess. But after installing a water filter, it was like a hair miracle. Suddenly, my hair wasn't frizzy while drying and was actually pretty straight. Who knew that tap water was secretly sabotaging my hair game?

So, if you want to keep your hair looking fabulous, wash it with cold water and invest in a good shower filter. Your hair will be stronger, shinier, and healthier, and you'll be strutting around with a mane that turns heads. Embrace the cold and protect your hair from those nasty tap water chemicals. Your future self (and hair) will thank you!

When it comes to shampoo and conditioner, you really want to avoid the usual suspects: parabens, sulfates, phthalates, and all those other nasties. Most brands out there are like a toxic cocktail for your hair and scalp, seeping into your skin and wreaking havoc. Your best bet? A natural tallow-based shampoo. Trust me, it's like a spa day for your hair.

Did you know that all soap was originally made from animal fat—mostly beef tallow or pig lard—and an alkaline solution mixed together? Yep, that's right! But, just like how they replaced healthy animal fats in our food with vegetable oil (aka highly processed, rancid, toxic seed oils), our soaps and shampoos were the first to be converted to synthetic versions. Why? Because it's cheaper to mass-produce. And now, we're left with soaps and shampoos that are toxic beyond recognition.

Seriously, think about it. Our ancestors used natural ingredients that were actually good for their skin and hair. They didn't need a PhD in chemistry to understand what they were putting on their bodies. But somewhere along the line, we got scammed into thinking that chemical-laden, mass-produced products were better. Newsflash: they're not!

It's no wonder our modern soaps and shampoos are filled with parabens, sulfates, phthalates, and all sorts of other nasty chemicals. They've taken something pure

and beneficial and turned it into a chemical soup. And guess what? We're the ones paying the price with dry skin, damaged hair, and a host of other issues.

But here's the kicker: you can actually go back to basics and make your own soap at home. It's cheaper, fun, and way better for you. Imagine lathering up with a bar of soap that you made yourself, knowing exactly what went into it. No sneaky chemicals, no toxic ingredients, just pure, natural goodness.

If you're feeling adventurous, grab some beef tallow and lye, and you're halfway there. You can find tons of tutorials on YouTube that show you how to make it step by step. It's essentially just tallow and lye, with maybe some essential oils for a nice scent.

Once you try it, you'll wonder why you ever settled for the store-bought stuff. Your skin will feel softer, your hair will thank you, and you'll be free from the chemical cocktail that most commercial products offer. Plus, you'll get the satisfaction of knowing you're doing something great for your health and the environment.

So, the moral of the story is clear: ditch the toxic, chemical-laden products and go back to the natural, nourishing goodness of homemade soap. Your body (and your wallet) will thank you!

Here's a little secret recipe I've tried, and it works wonders. Plus, there's nothing quite like the peace of mind knowing you've added every single ingredient yourself. No sneaky chemicals, no surprises, just pure, natural hair care.

3. **Beef tallow hair mask**

If you follow me closely on social media, you know how much I rave about how wonderful beef tallow has been for my hair. My hair has been at that gummy stage from damage, where it looks so weak when wet. It's like spaghetti that's been cooked for too long. But guess what? A beef tallow hair mask fixes it every time. It keeps my hair feeling so strong and healthy, and I genuinely think it repairs it.

I can't trust those commercial hair masks that make your hair look better temporarily but then leave it even more dead than before. It's like a toxic relationship: they make you feel good for a moment, but then you're left worse off, forever dependent on them. Beef tallow, on the other hand, is pure goodness for your hair. It's so rich in nutrients and matches the chemical profile of our own DNA, which is why we can absorb it so easily. It's like finding your hair's long-lost twin.

The Superfood Your Hair Has Been Craving

Grass-fed beef tallow has become a popular ingredient in natural hair care products due to its stance on sustainability and benefits for hair. It is considered a "superfood" for your strands, thanks to its high levels of saturated fats and cholesterol. This powerful duo helps minimize inflammation on the scalp, retain moisture in the hair shaft, and encourage stronger, thicker growth. It's like feeding your hair a gourmet meal of nutrients every time you use it.

The high levels of saturated fats and cholesterol in beef tallow work wonders for your scalp. They help reduce inflammation, which can often be a culprit behind hair loss and poor hair health. Think of it as giving your scalp a soothing spa day.

One of the key benefits of beef tallow is its ability to retain moisture in the hair shaft. This means your hair stays hydrated for longer, reducing dryness and brittleness. It's like installing a state-of-the-art hydration system directly into your hair.

By providing essential fatty acids, beef tallow nourishes your hair from the inside out. This nourishment helps protect against color fading, damage from chemical treatments, and extreme weather conditions. It's like having an all-weather, all-terrain vehicle for your hair. Additionally, beef tallow is an excellent source of Vitamin K2, which promotes healthier circulation to the scalp and lowers the risk of hair loss.

The Power of Beef Tallow for Hair Growth

Beef tallow for hair has gained attention as a potential catalyst for promoting hair growth. This natural ingredient, rich in saturated fat and essential fatty acids, offers nourishment and moisture to the scalp, stimulating circulation and encouraging the development of healthy hair follicles. Imagine giving your scalp a nutrient-packed smoothie every time you use it—except this smoothie is full of fats and vitamins that your hair craves.

The magic of beef tallow doesn’t stop there. It is packed with vitamins A and E, both of which are crucial for healthy hair. Vitamin A boosts collagen production, improving skin elasticity and creating a healthier environment for hair growth. Meanwhile, vitamin E strengthens the hair roots, reducing breakage and shedding. Think of these vitamins as personal trainers for your hair, working tirelessly to keep your strands strong and resilient.

Moreover, beef tallow serves as an effective emollient. This means it forms a protective barrier on your hair and scalp, guarding against potential damage caused by excessive brushing or styling. It's like having a suit of armor for your hair, shielding it from the daily wear and tear.

Regular and continued use of beef tallow for hair may provide natural support in improving overall hair health and promoting robust growth. It’s not just a quick fix, but a long-term investment in the vitality of your hair. By incorporating beef tallow into your hair care routine, you're not only nourishing your scalp and hair follicles but also fortifying your hair against future damage.

So, if you’re looking for a natural way to support hair growth and enhance the health of your locks, beef tallow might just be the secret weapon you need. Give your hair the rich, nutrient-dense care it deserves, and enjoy the benefits of stronger, healthier, and more vibrant hair.

How I Use Beef Tallow

Here's my tried-and-true method for using beef tallow on my hair:

1. Take a Dime-Sized Piece: Scoop out a small amount of beef tallow. Trust me, a little goes a long way.
2. Warm It Up: Rub it between your hands to melt it. It's like a mini spa treatment for your palms!
3. Concentrate on the Ends: Focus on the ends and any damaged areas. This is where your hair needs the most love.

4. Scalp Massage: Give yourself a relaxing scalp massage with the tallow. Not only does this feel amazing, but it also helps stimulate hair growth.
5. Braid It Up: I usually braid my hair and sleep with it overnight. You can use a silk bonnet if you prefer, but honestly, it doesn't get as messy as you'd think. Plus, I just wash my pillowcase afterward.

When I wake up, I wash it out and shampoo twice to ensure it doesn't leave my hair looking greasy. The result? Hair that feels stronger, healthier, and more resilient.

Beef tallow is used by so many cultures and indigenous people because they know it's pure medicine for your hair. It's like the secret elixir of hair care, passed down through generations. It's packed with vitamins A, D, E, and K, along with essential fatty acids that nourish your scalp and hair follicles. No wonder our ancestors had such luscious locks!

So, if you're tired of commercial hair products that promise the world but leave you in hair despair, give beef tallow a try. Your hair will thank you, and you'll wonder why you didn't start using it sooner. Embrace the natural goodness and watch your hair transform into the strong, healthy mane you've always dreamed of!

DIY Tallow-Based Shampoo Recipe:

1. Ingredients:
   - 1/2 cup of rendered tallow (you can get this from your local butcher or make it yourself)
   - 1/4 cup of castor oil (for that extra growth boost)
   - 1/4 cup of sodium lactate solution

- 10 drops of essential oil (lavender or tea tree are great for hair)
- 1 cup of distilled water

2. Instructions:
- Melt the tallow and castor oil in a saucepan over low heat.
- Once melted, remove from heat and let it cool slightly.
- Mix in the lye solution and essential oil.
- Add the distilled water slowly, stirring constantly.
- Pour the mixture into a bottle and give it a good shake.

And there you have it—your very own tallow-based shampoo! Use it just like you would any other shampoo. Your hair will thank you, and you'll sleep like a baby knowing there are no hidden nasties in your hair care routine.

This homemade concoction works great, leaves my hair feeling soft and nourished, and gives me that wonderful "I made it myself" feeling. Plus, you can customize it with different essential oils to keep things interesting.

So, ditch the chemical-laden shampoos and conditioners, and embrace the natural goodness of tallow. Your hair will be healthier, shinier, and you'll be strutting around with a mane that's not just beautiful, but also safe from toxic chemicals. Give it a try, and watch your hair transform!

Resources and recommendations

Books:

1. Fasting, Like a Girl by Dr. Mindy Pelz
   - Description: This book focuses on fasting techniques specifically tailored for women. Dr. Pelz provides insights into how women can use intermittent fasting to balance hormones, lose weight, and improve overall health while considering the unique hormonal fluctuations women experience throughout their lives.

2. Super Natural You by Dr. Josh Axe
   - Description: Dr. Axe explores how to harness the power of natural remedies and holistic health practices to enhance physical, mental, and emotional well-being. The book covers a wide range of topics including diet, supplements, essential oils, and lifestyle changes to help readers achieve optimal health naturally.

3. Living Low Carb by Jonny Bowden
   - Description: Jonny Bowden provides an in-depth look at low-carb diets, explaining the science behind them and offering practical advice on how to implement a low-carb lifestyle. The book covers various low-carb diet plans, their benefits, and how to overcome common challenges associated with them.

4. The Carnivore Diet by Dr. Shawn Baker
   - Description: Dr. Baker advocates for a meat-only diet, presenting evidence and personal anecdotes to support the benefits of this controversial eating plan. He discusses how the carnivore diet can lead to improved health outcomes, including weight loss, better mental clarity, and relief from chronic diseases.

5. The Carnivore Code by Dr. Paul Saladino

- Description: Dr. Saladino delves into the science behind the carnivore diet, arguing that animal-based nutrition is the key to optimal health. The book covers the evolutionary perspective on diet, the benefits of eliminating plant toxins, and provides practical tips for adopting a carnivorous lifestyle.

6. Toxic Superfoods by Sally Norton

- Description: Sally Norton examines the hidden dangers of certain superfoods that are commonly thought to be healthy. She explains how some of these foods contain natural toxins and antinutrients that can harm our health, and offers guidance on how to make safer dietary choices.

7. Grain Brain by Dr. David Perlmutter

- Description: Dr. Perlmutter explores the connection between carbohydrates, especially grains, and brain health. He argues that diets high in carbs and gluten can lead to neurological issues such as dementia, ADHD, and chronic headaches. The book offers dietary recommendations to protect brain health.

8. Estrogeneration: How Estrogenics Are Making You Fat, Sick, and Infertile by Dr. Anthony G. Jay

- Description: Dr. Jay investigates the widespread presence of estrogen-mimicking chemicals in our environment and their impact on health. He explains how these estrogenics can contribute to obesity, chronic illnesses, and reproductive issues, and provides strategies for minimizing exposure.

9. Think and Grow Rich by Napoleon Hill

- Description: A classic in the self-help genre, Napoleon Hill's book outlines his philosophy of success based on interviews with wealthy individuals. It covers principles such as desire, faith, persistence, and the power of the subconscious mind, offering practical advice for achieving personal and financial success

10. Lies My Doctor Told Me: Medical Myths That Can Harm Your Health by Dr. Ken D. Berry

- Description: In this eye-opening book, Dr. Ken Berry debunks common medical myths and misconceptions that many doctors continue to perpetuate. He addresses various health topics, including diet, medications, and medical practices, explaining how misinformation can lead to poor health outcomes. Dr. Berry emphasizes the importance of questioning conventional wisdom, advocating for a more informed and proactive approach to personal health care. By highlighting the flaws in mainstream medical advice, he encourages readers to take control of their health and make decisions based on accurate, up-to-date information.

Recommended Medical Professionals and Doctors

1. Dr. Eric Berg

- Specialty**: Chiropractic and Health Education
- Description**: Dr. Berg is known for his expertise in weight loss through ketogenic dieting and intermittent fasting. He has authored several books and produces educational videos on nutrition, health, and wellness.

2. Dr. Sten Ekberg

- Specialty**: Chiropractic and Functional Medicine

- Description**: Dr. Ekberg focuses on holistic health and functional medicine, offering insights into natural ways to improve health and prevent disease. He educates on topics such as nutrition, stress management, and exercise.

3. Dr. Ken D. Berry
   - Specialty**: Family Medicine
   - Description**: Dr. Berry is an advocate for low-carb and ketogenic diets. He aims to dispel medical myths and provides practical advice for improving health through diet and lifestyle changes. He is also the author of "Lies My Doctor Told Me."

4. Dr. Anthony Chaffee
   - Specialty**: Neurosurgery and Nutrition
   - Description**: Dr. Chaffee is a proponent of the carnivore diet, emphasizing the benefits of an all-meat diet for optimal health. He shares his knowledge through various platforms, including podcasts and public speaking engagements.

5. Dr. Shawn Baker
   - Specialty**: Orthopedic Surgery
   - Description**: Dr. Baker is a leading advocate of the carnivore diet, which he believes can lead to significant health improvements. He is the author of "The Carnivore Diet" and frequently shares his insights through social media and interviews.

6. Dr. Bart Kay
   - Specialty**: Exercise Physiology and Nutrition Science

- Description**: Dr. Kay is known for his critical stance on mainstream nutrition advice and promotes a low-carb, high-fat diet. He provides detailed explanations and critiques of current dietary guidelines and medical advice through his educational content.